

Mixed Mediterranean Vegetable Salad

Ingredients:

- ❖ ½ green capsicum
- ❖ ½ yellow capsicum
- ❖ 1 red capsicum
- ❖ 1 zucchini
- ❖ 1 red onion
- ❖ 1 bunch of asparagus
- ❖ ½ a broccoli
- ❖ 1 tbsp rosemary herbs
- ❖ 1 tbsp extra virgin olive oil
- ❖ 2 tbsp basil pesto
- ❖ 2 tbsp light sour cream
- ❖ Additional extras:
pumpkin, olives,
mushroom, eggplant

Serves 2



Preheat oven at 200 degrees. Chop vegetables into medium-large pieces. Place in a mixing bowl and add oil and rosemary. Toss to coat vegetables evenly and then place it on a baking tray and put it in the oven. Cook for 20-30 minutes until the vegetables are soft (optional tip: at this stage you can char-grill the vegetables on a griddle pan or bbq). Next place vegetables on a serving dish and drizzle with pesto and sour cream.