

WINTER ROASTED VEGETABLE SALAD

HEALTHY
PICK



Serves 4-6



Prep Time 15 minutes



Cook Time 40 minutes



INGREDIENTS

- 1 onion, sliced
- 4 cups mixed vegetables (e.g. carrot, parsnip, pumpkin, swede or kumara), diced into 3cm pieces
- 1-2 Tbsp oil
- 350 g bag **Wattie's frozen Free Flow Spinach**

METHOD

1. Preheat the oven to 200°C and line a baking dish with baking paper.
2. Place the onion and vegetables on the tray and toss with oil. Bake in the oven for 30 minutes. Remove from the oven and sprinkle over the frozen **Wattie's frozen Free Flow Spinach** and return to the oven for a further 10 minutes, until vegetables are tender.

- 135 g pottle **Mediterranean Sundried Tomato Chunky Dip**
- 100 g feta cheese, crumbled

3. Toss through **Mediterranean Sundried Tomato Chunky Dip**, season with pepper and place in a serving dish and sprinkle with feta. Serve as a vegetarian main meal or as a vegetable side dish.