

ROASTED VEGETABLE & LENTIL SALAD

HEALTHY
PICK



Serves 4-6



Prep Time 15 minutes



Cook Time 20 minutes



INGREDIENTS

- 1kg kumara, peeled and cut into 2cm pieces
- 1 red capsicum, cut into 3cm pieces
- 2 medium beetroot, cut into 3cm pieces
- 2 medium courgettes, cut into thick slices

METHOD

1. Preheat oven to 200°C. Place the vegetables in a roasting tray and toss through 2 tablespoons of olive oil. Season with salt and pepper. Roast for 20 minutes or until vegetables are tender. Cool.
2. Place the vegetables into a large salad bowl. Add the **Wattie's Lentils in Springwater** and

- 400g can **Wattie's Lentils in Springwater**, drained
- 250ml bottle **Eta Creamy Balsamic Dressing**
- Rocket leaves
- 50g feta, crumbled
- Toasted mixed seeds (sunflower, pumpkin sesame), optional

about ½ cup **Eta Creamy Balsamic Dressing**. Carefully mix through, adding a little more dressing if wished. Toss through the rocket and top with crumbled feta. Sprinkle with toasted seeds if desired.