

ROAST VEGETABLE, GOAT FETA & KALE SALAD



 Serves 4

 Prep Time 30 minutes

 Cook Time 40 minutes



INGREDIENTS

- 2 red onions, peeled and quartered
- 200g pumpkin, skin and seeds removed and cubed
- 3 medium carrots, peeled and cut into 3cm chunks
- 1 head of garlic
- 3 Tbsp extra virgin olive oil
- 70g pumpkin seeds
- 100g baby kale

METHOD

1. Preheat oven to 180°C fanbake.
2. Place the onions, pumpkin, carrots and garlic into a large roasting pan. Toss the vegetables in 2 Tbsp of olive oil, season with salt and pepper and roast for about 40 minutes or until cooked.
3. Heat a fry pan and add 1 Tbsp olive oil, add the pumpkin seeds and toast lightly. Place into a bowl and set aside.

- 400g pouch prepared beetroot
- 250g goats' feta, cubed
- 250mL bottle **Eta Caramelised Onion Dressing**
- Chopped Italian parsley for garnish

4. In a large mixing bowl place the cooked vegetables, squeeze out the cooked garlic cloves, add kale, beetroot and feta.
5. Transfer to a serving platter.
6. Drizzle with approximately $\frac{1}{4}$ cup of **Eta Caramelised Onion Dressing**.
7. Garnish with parsley and pumpkin seeds.