

Roast kumara, chickpea & baby spinach salad



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Preparation 30 mins | Cooking 30 mins | Serves 4

750g kumara (orange sweet potato), peeled and roughly chopped
2 red onions, peeled and cut into wedges
4 garlic cloves, peeled
150g sliced pancetta, chopped
2 tbs olive oil
400g can chickpeas, drained and rinsed
100g baby spinach leaves

Honey & mustard dressing:

2 tsp honey
1 tsp Dijon mustard
1 tbs white wine vinegar
¼ cup extra virgin olive oil

STEP 1 Preheat oven to 200°C/180°C. Place kumara, onions, garlic and pancetta in a bowl. Drizzle with oil and season with salt and pepper. Toss to combine. Arrange in a single layer in a large non-stick baking pan. Roast for 20 minutes. Toss in chick peas and roast for a further 5-10 minutes until kumara is tender. Set aside to cool slightly.

STEP 2 Meanwhile, to make honey and mustard dressing, combine all ingredients in a screw-top jar. Shake until well combined.

STEP 3 Arrange spinach and roasted vegetable mixture on serving plates. Drizzle with dressing and serve.

Good for you... *KUMARA*

One of the few vegetables that provides a source of carbohydrate. This has a low glycaemic index (GI), which means that the carbohydrate is digested slowly to provide long-lasting energy. Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.

