

Roast kumara, chickpea & baby spinach salad



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Preparation: about 15 minutes
Cooking: about 30 minutes
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
Salt and ground black pepper
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

1. Preheat oven to 200°C. Place kumara, onions, garlic and pancetta in a bowl. Drizzle with oil and season with salt and pepper. Toss to combine. Place in a large non-stick baking pan. Roast for 20 minutes. Toss in chick peas and roast for a further 5 minutes until kumara is tender. Set aside for 10 minutes to cool slightly.
2. Meanwhile, to make honey and mustard dressing, combine all ingredients in a screw-top jar. Shake until well combined.
3. Arrange spinach and roasted vegetables on serving plates. Drizzle with dressing and serve.



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. It is also an excellent source of a related compound, called cryptoxanthin, which is important for helping the body repair damage to its DNA.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

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