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## Simple seasonal salad

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Roasting the vegetables makes them wonderfully soft and intensifies their flavours to tempt a jaded palette.

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### Ingredients

300g beetroot  
1 fennel bulb  
50g baby carrots  
500g cherry tomatoes  
250g small salad leaves, such as red chard, spinach, watercress, rocket  
½ cucumber, peeled and finely sliced

### Dressing

Salt to taste  
75ml extra virgin olive oil  
2 lemons, juice of 1 and zest from both  
2 tablespoons Parmesan cheese, finely grated

Preparation time: 10 minutes  
Cooking time: 15-20 minutes  
Serves: 8

### Method

Preheat the oven to 180°C.

Wash the beetroot and trim any leaves. Place in a roasting tin, add a few tablespoons of water and drizzle with 2 tablespoons of olive oil. Cover with foil and place in the oven. Roast until the beetroot is very soft, start checking them after an hour, but it may take up to 2 hours depending on the size of the beetroot.

Remove the beetroot from the oven and allow to cool. Once cooled, peel the beetroot and slice into small chunks.

Cut the fennel bulb in half and shave into fine strips with a vegetable peeler. Trim the carrots and shave into fine strips with a vegetable peeler. Put the fennel and carrots in one roasting dish (as they will cook at the same rate) and the cherry tomatoes in another. Drizzle with olive oil, season with salt and roast in the oven until soft; approximately 20 minutes. Set aside to cool.

Wash the salad leaves and use a salad spinner to remove any excess water.

Combine the cooled roasted vegetables with the diced cucumber and baby salad leaves. Sprinkle with salt and dress with a generous drizzle of extra virgin olive oil, lemon juice, lemon zest and Parmesan cheese.