



# ROASTED VEGETABLE AND ROCKET SALAD

HEAT LEVEL 🔥🔥🔥

Elevate your salad experience with our Roasted Vegetable and Rocket Salad - a flavorful blend of oven-roasted vegetables and peppery rocket for a satisfying and nutritious dish.

35 Mins

4 Servings

## INGREDIENTS

1 medium onion, peeled and quartered  
400 g pumpkin, cut into small pieces  
4 baby marrows, sliced  
200 g cherry tomatoes  
A few sprigs fresh rosemary  
60 ml (¼ cup) olive or cooking oil  
45 ml (3 Tbsp) Spur BBQ Sauce  
20 ml (4 tsp) sugar  
200 g rocket leaves

### DRESSING

175 g tub plain yoghurt  
30 ml (2 Tbsp) Spur Salad & French Fry Dressing or Spur Durky Sauce  
10 ml (2 tsp) honey  
Salt to taste  
Freshly ground black pepper, to taste

## METHOD

- 1 Place onion, pumpkin, baby marrows, tomatoes and rosemary sprigs in a large roasting pan. Mix the olive oil, Spur BBQ Sauce and sugar and pour over vegetables.
- 2 Roast at 200°C for 20 minutes, stirring occasionally. Place rocket leaves onto a serving dish and top with roasted vegetables.
- 3 Dressing: Mix all ingredients together, drizzle over salad and serve immediately.

## VARIATIONS

None

