



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

