

# Roasted vegetable and rocket salad



A COLOURFUL AND TASTY COMBINATION. THIS SALAD CAN BE ENJOYED WARM OR COLD, AS A MAIN OR AS A REFRESHING SIDE.

## 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**
- 2 ml (¼ tsp) **Spur Seasoning Salt**
- Freshly ground **black pepper**, to taste





## METHOD

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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.