



Deliciously Sweet Recipe Idea

Southland
Sweetness
Sweet, fresh & tasty parsnips from cool Southern climates

Summer Fresh Roast Vegetable Salad

Recipe by Chef Jimmy Boswell



So sweet. So fresh. So tasty!

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Summer Fresh Roast Vegetable Salad

Ingredients

- 3 medium So Sweet beetroot
- 2 medium So Sweet carrots
- 2 So Sweet parsnips, woody core removed
- 2 courgettes
- 1 cauliflower, florets only
- 6 tbsp olive oil, divided
- 1 tsp salt
- ½ tsp fresh ground black pepper
- 5 garlic cloves, bruised with the flat edge of a chopping knife
- 3 sprigs fresh thyme
- 1 tsp smoked paprika
- 100g feta cheese, crumbled for serving. I use Over the Moon feta
- Small bunch fresh mint, roughly chopped for serving

"This recipe can be served as a side with cooked meats. It's also a great dish if you are having someone over that is a vegetarian. Leave out the feta to make this vegan."

Chef Jimmy Boswell

Method

1. Pre heat oven to 200°C. Wash and roughly chop the beetroot, carrots, parsnips and courgettes. Roughly chopped gives the dish a rustic look.
2. In a large bowl, toss together the cauliflower florets and veggies with 3 tbsp olive oil, salt and pepper to season, garlic and thyme, leaves removed from stem of one sprig.
3. Drizzle base of an oven proof roasting dish with the rest of the olive oil and position the remaining 2 sprigs of thyme on the base. Arrange vegetables in the dish so that they're roughly evened out across it.
4. Roast in the middle on the oven until carrots and beetroot are just fork tender, about 20-30 minutes. Remove from oven and leave to cool. Once cool, serve on platter with generous sprinkling of smoked paprika, crumbled feta cheese and fresh mint. Serve as is or with leftover cold cuts as a summer fresh brunch or dinner.

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