

# Roast Vegetables & Wholegrain Salad

Serves 4

## Ingredients

- 1 cup Cooked brown rice/couscous/  
bulgur wheat
- 1 Red onion (thickly sliced)
- 1 cup Pumpkin (diced)
- 1 Courgette (thickly sliced)
- 1 Red and yellow capsicum (thickly diced)
- 1 T Olive oil (or oil of choice)
- Salt and pepper for seasoning
- Tangy lemon salad dressing (Page 13)



## Method

Pre-heat oven to 200 °C.

Cook the rice or couscous according to instructions on the packet.

Season the chopped vegetables in salt, pepper and olive oil. Place vegetables in a baking tray. Roast for 25 - 30minutes, turning occasionally, until vegetables are tender. Cool.

To serve, toss cooked rice, roasted vegetables and dressing together in a bowl. Garnish with fresh herbs.

**Tip:** You can use other root- vegetables e.g. Kumara, carrots, potatoes.