Italian Roasted Vegetable Salad

Gather up all your leftover veg and get ready to roast.
This is a perfect way to help you reduce your waist and your waste!
To keep your veg fresh - peppers, carrots and tomatoes will last for at least a week longer if kept in the fridge.

Working with
Nottinghamshire County Council

Italian Roasted Vegetable Salad

- 1 red pepper, core removed and cut into 6 lengthways
- 1 yellow pepper, core removed and cut into 6 lengthways
- 2 medium red onions, peeled and each cut into 6
- 2 courgettes, cut into long strips with a Y peeler
- Garlic flavour rapeseed oil or olive oil
- 1 tsp dried oregano
- Bag of mixed salad leaves
- 100g of left over pitted olives
- Salt and pepper
- 3 tbsp Balsamic dressing

To serve - Mini mozzarella balls or cubed dolcellate cheese

1. Heat a griddle pan and brush or spray the vegetables with garlic flavoured rapeseed oil or olive oil.
2. Griddle the vegetables until softened and lightly charred.
3. Place the vegetables, oregano, salad leaves, olives and seasonings into a large bowl.
   Drizzle over the Balsamic dressing and toss well.
4. Divide between 6 salad plates or put into a salad bowl. Top with cheese and serve.

Serves 6

Try adding quartered tomatoes to this recipe and using feta cheese as an alternative to Italian Cheese