

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE & SPINACH

A simple and quick meal to put together, full of goodness and flavours.

Serves 4

Preparation 10 minutes

Cooking 45 minutes

INGREDIENTS

400g carrots, peeled and cut into 5mm slices
400g parsnips, peeled and cut into 5mm slices
450g celeriac, peeled and cut into 5mm wedges
2 teaspoons paprika
2 tablespoons olive oil
5cm ginger, grated
2 teaspoons sea salt
1 tablespoon honey
45g walnuts, roughly broken
100g baby spinach leaves
100g blue cheese, e.g. Stilton, Rocquefort

DRESSING

2 teaspoons red wine vinegar
1 tablespoon extra-virgin
olive oil
1 teaspoon sea salt
Freshly ground black pepper

METHOD

Preheat the oven to 200°C fan/ 220°C



Mix the carrots, parsnips and celeriac in a roasting tin along with the paprika, oil, ginger and salt, then transfer to the oven and roast for 40 minutes.

Drizzle everything with the honey, add the walnuts, then return to the oven for 5 minutes. Meanwhile, whisk the red wine vinegar with the extra virgin olive oil, sea salt and black pepper.

Once the vegetables are done, give them 5 minutes to cool down, then tip the spinach and blue cheese into the roasting tin along with the dressing and mix well.

Taste and adjust the salt or honey as needed and serve immediately.