

# ROASTED VEGETABLE SALAD WITH FETA & HERBS



## QUICK

Less than 15  
mins prep  
time

## HEALTHY

With so many different  
vegetables, this dish  
contains a huge variety  
of vitamins and minerals  
and is high in fibre too

## FAMILY

Feeds 5 as a plant  
based main meal  
or 10 as a side  
dish

## MEALS

Serve on its own  
as a plant-based  
meal or as a side  
dish

## INGREDIENTS

- 2 aubergines
- 2 courgettes
- 2 red onions
- 1 red pepper
- 250g cherry tomatoes
- 2 garlic cloves
- 2 tbs balsamic vinegar
- 40g fresh parsley
- 10g chives
- 30 - 40 ml oil
- 120g feta
- Salt and pepper
- 50g pine nuts
- Optional - 150g cooked lentils

## METHOD

- 1) Heat the oven to 190°C
- 2) Dry fry the pine nuts in a frying pan
- 3) Dice all vegetables into 1 cm cubes – except the tomatoes
- 4) Put onto a tray with the tomatoes and drizzle with oil
- 5) Put into the oven for approx. 50 mins to roast. Mix after 30 mins, then 15, then 5
- 6) Finely chop the herbs
- 7) Add minced garlic and balsamic vinegar to the cooked veg and return to oven for 1 minute
- 8) Taste the cooked vegetables - season with S&P
- 9) Add herbs, lentils and feta and mix
- 10) Sprinkle with pine nuts
- 11) Serve



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To watch a video showing how this is made or to explore more  
Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)