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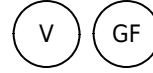
Roasted Vegetable Salad

Portions: 6

Preparation: 25 minutes

Cooking time: 25 minutes

6



Ingredients

For the salad

6 - 10 Nantaise Carrots

4 - 6 Parsnips

10 - 15 Radishes

2 Fresh pears, peeled and diced

250 ml (1 cup) Cooked lentils

125 ml (1/2 cup) Fresh ricotta (optional)

80 ml (1/3 cup) olive oil

To taste Salt and pepper

To taste Fresh parsley

For the vinaigrette

45 ml (3 tbsp) Honey [Maille](#) Mustard

15 ml (1 tbsp) Maple syrup

180 ml (3/4 cup) Olive oil

(2 tbsp) Balsamic vinaigrette

1 Garlic clove, minced

To taste Salt and pepper

Steps

1. Pre-heat the oven to 425°F.
2. Cut your vegetables in half, length wise.
3. Transfer to a bowl and mix with 1/4 cup of olive oil, salt and pepper.
4. Transfer to a baking sheet and cook in the oven for 25 minutes or until golden brown.
5. Prepare the rest while your vegetables are cooking.
6. In a bowl, mix together the lentils with 1/4 cup of olive oil olive oil and some salt and pepper. Reserve and do the same with the ricotta.

Assembling

7. On your large serving plate, spread the ricotta.
8. Add your vegetables & lentils.
9. Garnish with your vinaigrette and fresh parsley.