

ROASTED WINTER ROOT VEGETABLE RISONI SALAD WITH A SWEET AND SOUR LIME DRESSING

Prep time: 25 mins Cook time: 40 mins Total time: 1 hour 5 mins

Serves: for 4-6

A mighty fine salad using roasted carrots, parsnips and celeriac and the small rice shaped pasta known as risoni. All mixed together with lots of fresh mint and a sweet and sour lime dressing. The salad is topped with snow coloured feta cheese, poppy seeds and lime zest. It makes a great main meal winter salad. Just serve with a spicy salad leaf mix and maybe some warm crusty bread.

Ingredients

- 5 carrots (about 400g)
- 1 parsnip (about 200g)
- ½ celeriac (about 400g)
- 2 sprigs of rosemary, leaves only
- 3 tbsp olive oil
- Flaky salt and freshly ground black pepper
- 1 red onion (about 120g), peeled and finely chopped
- 1 large clove of garlic, crushed
- 160g risoni
- Juice and zest of 1 lime (save a little lime zest to sprinkle on the top)
- 3 tbsp extra virgin olive oil
- 2 tsp runny honey
- 1 tbsp pomegranate syrup (optional, try and find some but its not essential)
- 30g fresh mint, leaves roughly chopped (save some of the smaller leaves for the top kept whole)
- 40g feta cheese, crumbled
- 1 level teaspoon poppy seeds

Instructions

1. Preheat the oven to 200°C / Gas mark 5
2. Peel and chop the vegetables into even size batons, put into a baking tray along with the rosemary leaves and 1-2 tablespoons of olive oil. Add a little salt and pepper and stir to combine.
3. Put the vegetables into the oven and roast for 35-40 minutes, stirring half the way through the cooking time. The vegetables should be browned on some of the edges. Allow to cool.
4. Meanwhile heat the remaining olive oil in a saucepan and cook the onion over a low heat for 6-7 minutes, stirring occasionally. Add the crushed garlic and cook for a further 3 minutes, do not allow the onion or garlic to brown. Add ½ litre of water, risoni and a pinch of salt to the saucepan. Bring to the boil, turn down the heat and simmer for 3 minutes or until the risoni is just cooked.
5. Pour the contents of the saucepan into a sieve and allow to drain and cool. Stir occasionally to prevent the risoni from sticking together.
6. Put the lime juice and zest, extra virgin olive oil, honey, pomegranate syrup into a small bowl and whisk to combine. Taste and season with a little salt and pepper.
7. When the vegetables and risoni have cooled put them into a salad bowl and toss gently to combine along with the dressing and chopped mint leaves.
8. Top the salad with the crumbled feta, lime zest, poppy seeds and mint leaves.

Recipe by Jo Clark Cooking etc at <http://www.joclarkcookingetc.com/roasted-winter-root-vegetable-risoni-salad-with-a-sweet-and-sour-lime-dressing/>