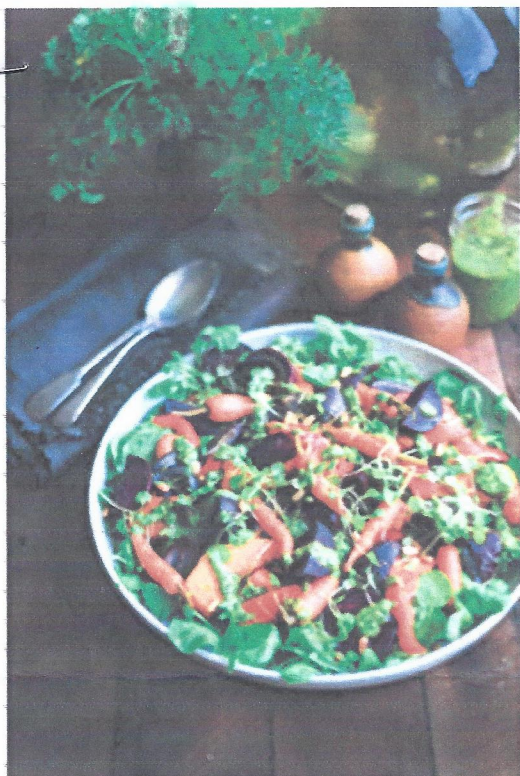




WINTER SALAD

5 medium/small beet
 1 tbsp runny honey
 1 tbsp olive oil
 2 tsp balsamic vinegar
 sea salt and ground black pepper

1 large sweet potato, cut into chunks
 Small pumpkin, cut into wedges
 2-3 cucumber, scrubbed and sliced
 3 cups of beans snapped and cut
 1 large red onion, peeled and cut into 8 wedges
 2 tbsp olive oil
 2 tbsp runny honey
 sea salt and ground black pepper
 1 tsp ground cumin
 1 tsp ground coriander

Pesto Dressing:

1/2 cup extra virgin olive oil
 1/4 cup lightly toasted pinenuts
 1/4 cup grated parmesan
 1 clove garlic, crushed
 1 handful fresh coriander (cilantro) leaves
 1 handful fresh basil leaves
 sea salt and ground black pepper

To serve:

4 handfuls of mixed greens
 1/4 cup lightly toasted pinenuts

Preheat the oven to (375°F) then put the unpeeled beet in a pot, cover with water and bring to the boil. Reduce heat to a simmer and leave to cook for 30 minutes, making sure water level stays covering the beet.

While beets are cooking prepare the other vegetables. Lay them all out (apart from the cucumbers) in a single level in a large roasting pan. Drizzle with oil and honey and sprinkle with spices. Cook in the oven until just tender, about 30 minutes.

When the beet has had 30 minutes simmering, drain and leave to cool for 5 minutes. Put in a separate oven dish and drizzle with honey, oil and vinegar and season with salt and pepper. Put in the oven on a separate oven rack for the last

15 minutes of the other vegetables' cooking time, or just cook separately for 15 minutes if that doesn't work for you (375°F).

While this is cooling whizz all of the Pesto Dressing ingredients in a food processor.

Time to assemble! Start with a layer of watercress then top with all of your lovely vegetables. Garnish with baby watercress and pinenuts and spoon over Pesto Dressing to serve. Serves 6-8 as a side or 4-6 as a main meal.

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