



Miso roasted root vegetable salad

with toasted almonds and tahini dressing



A delicious and colourful selection of autumnal vegetables roasted in a miso glaze served with peppery rocket and fresh parsley, all brought together with a housemade miso tahini dressing and topped with the crunch of toasted almonds.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large shallow baking tray, small baking tray / heatproof dish



Pantry items needed: olive oil, salt, freshly ground black pepper



Hands-on: 15-20 minutes
Ready in: 30-35 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Sweet potato	350g	700g
Beetroot	230g	460g
Brussels sprouts	160g	320g
Garlic	6g	12g
Blanched almonds	1 packet	1 packet
Parsley	20g	40g
Miso paste	1 tub	1 tub
Olive oil*	1½ tbsp	3 tbsp
Salt*	½ tsp	1 tsp
Freshly ground black pepper*	1 tsp	2 tsp
Warm water for glaze*	2 tbsp	4 tbsp
Miso tahini dressing	1 tub	1 tub
Water for dressing*	3 tbsp	6 tbsp
Rocket	80g	160g

* Pantry items

Allergens and ingredients

Allergens: soy, sesame, almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Preheat oven to 180C and line shallow baking tray/s. Chop **sweet potato** into 1½ cm cubes. Chop **beetroot** into 1cm cubes. Slice **brussels sprouts** into halves. Peel and slice **garlic** in lengthways. Place **sweet potato, beetroot, brussels sprouts** and **garlic** onto baking tray. Pick **parsley** leaves and roughly chop.

2. Roast vegetables

In a small bowl, add **miso paste, olive oil*, salt*, freshly ground black pepper*** and **warm water for glaze*** and whisk to combine. Pour over vegetables and toss to coat. Transfer to oven and bake for **25-30 minutes**.

3. Toast almonds

Roughly chop **almonds**. Place into a small heatproof dish or baking tray and toast in oven until lightly brown, about **5 minutes**.

4. Prepare dressing

In a bowl, add the **miso tahini dressing** and **water for dressing*** and whisk until smooth and creamy (see tip).

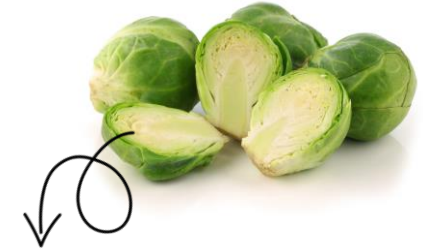
5. Serve

In a large serving bowl or individual bowls, add **rocket** and top with **roasted vegetables**. Drizzle with **miso tahini dressing** and sprinkle over toasted **almonds** and chopped **parsley**.

Cooking tip

If your dressing is too thick, add more water or vinegar to taste.

Eat your way
to healthy!



Brussels sprouts are high in fibre and low in calories and full of minerals and antioxidants. A half-cup serving contains 12% of your daily recommended intake of vitamins B9 and A and a huge 137% of daily vitamin K and 81% of vitamin C.

Brussels sprouts have been shown to improve blood sugar control and decrease inflammation, reducing the risk of cancers and diabetes. Roasted, sautéed or shaved raw into a salad, they are the perfect addition to a balanced diet to keep your immune system and gut happy and healthy.

Nutritional information*

	Per 340g serve	Per 100g
Energy	1878kJ (449Cal)	552kJ (132Cal)
Protein	18.3g	5.4g
Fat, total	26.0g	7.6g
- Saturated	3.0g	0.9g
Carbohydrate	43g	13g
- Sugars	25g	7g
Sodium	748mg	220mg

* Nutritional information is based on averages