

Baked Vegetable Salad

Calories: 0 kcal

Servings: 1

Time: 20 Mins

Ingredients

- 50.00 g Carrots (cut into lengths)
- 40.00 g Red Capsicum (cut into large cheeks)
- 60.00 g Rocket

Instructions

1. Roast carrot in the oven for 20 mins at 180°C (355°F).
2. Cut capsicums into large cheeks and roast under grill or in a very hot oven, skin side up until skin blisters and blackens.
3. Remove from heat and place in plastic bag for 5 minutes. Peel away skin and slice into thin strips.
4. To serve, place rocket on a plate and vegetables on top.
5. Add Ultra Lite dressing of your choice (see website for recipes).