

## **Kumara, Lentil Salad + Miso Tahini Dressing**

### **Dressing:**

2 tbsp miso paste  
1 tbsp Apple cider vinegar  
2 tbsp lemon juice  
1 tbsp tahini  
2 tbsp Extra virgin olive oil  
1 tsp sesame oil  
1 tsp tamari  
1 clove garlic, crushed

1kg Kumara (mix of white, orange and purple), roughly chopped  
1 red onion, sliced  
1 bunch spring carrots, cut lengthways  
Extra Virgin Olive oil  
Sea salt

1 cup green lentils  
Rocket  
Flaked almonds

### **Method:**

Preheat the oven to 200 degrees Celsius.

Place the kumara's on a baking tray. On another tray add the carrots + red onion. Drizzle both trays with olive oil + sprinkle with salt. Place the tray of Kumara in the oven for 20mins then put the carrots in. Cook both the carrots and Kumara for 10mins then turn the oven to its grill function and grill for 5mins to finish. Let the vegetables cool slightly.

Place the lentils in a pot with 4 cups of water. Bring to the boil then reduce to a simmer and cover for 20mins.

For the dressing add all ingredients in a cup and set aside.

To assemble, mix half of the dressing through the lentils. Then layer the salad onto a plate. Starting with a layer of rocket, followed by lentils, roast vegetables + flaked almonds. Drizzle over some dressing and begin the layering process again. Continue until all components are used up.