



Amy Warman



# Recipes

## *Roasted Vegetable Pasta Salad with Feta & Rocket* (Serves 8-10 as a side dish)

This healthy salad is great for summer entertaining and can be enjoyed warm or cold. The vegetables and pasta can be made in advance. A great accompaniment to meat or served alone for lunch or a snack.

### Ingredients

250g cherry tomatoes  
 3 peppers (mix of red, green, yellow or orange), cut into 2cm cubes  
 400g courgettes, cut into 2cm cubes  
 6-8 baby eggplants, cut into 2cm cubes  
 400g butternut squash or pumpkin, cut into 2cm cubes  
 2 large red onions, cut into 2cm cubes  
 3 cloves garlic, crushed or finely chopped  
 1 handful chopped fresh parsley  
 1 ½ tbsp dried oregano  
 1 tbsp dried basil  
 Olive Oil  
 Sea salt & black pepper to taste  
 250g pasta (conchiglie, fusilli or anything else bite-sized)  
 200g light feta cheese  
 2 or 3 handfuls of wild rocket

### For the Dressing

3 tbsp pomegranate molasses  
 3 tbsp lemon juice  
 80 ml extra virgin olive oil

### Method

1. Before preparing the vegetables, preheat the oven to 200°C/400°F.
2. Place all the vegetables in a large non-stick baking tray. Add the garlic, herbs and salt and pepper. Drizzle generously with olive oil and mix well so all the vegetables are well coated. Place in the oven uncovered.
3. After 45 minutes, take out the tray, stir the vegetables well and return them to the oven for another 30-45 minutes or until they are soft and starting to brown. In the meantime,

boil the pasta in a pan of salted water for around 10 minutes or until it is al dente. Drain and set aside. Cut the feta cheese into 1-2cm cubes (not necessary if you are using crumbled feta) and set aside.

4. For the dressing, whisk together the pomegranate molasses, lemon juice and oil in a jug and set aside.
5. Once the vegetables are done, pull them out and allow them to cool for about 15 minutes. Once cooled, place them in a large bowl and carefully mix in the pasta, half of the rocket, the feta cheese and the dressing. Season with salt and pepper. Place the remaining rocket in a neat pile on top of the salad and serve. For a more substantial meal, top with a sliced, grilled chicken breast.



*Recipes contributed by Amy Warman, who is a food photographer and author of the blog Appetite for Discovery ([www.appetitefordiscovery.com](http://www.appetitefordiscovery.com)) where she shares recipes and colourful accounts of her food and travel experiences. You can connect with her on Facebook ([www.facebook.com/appetitefordiscovery](http://www.facebook.com/appetitefordiscovery)) and Twitter ([www.twitter.com/appfordiscovery](http://www.twitter.com/appfordiscovery)).*