

ROASTED VEGETABLES AND HAZELNUTS

SERVES: 4

INGREDIENTS

- 1 cup hazelnuts
- 2 medium carrots, peeled and chopped
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 small red onion, cut into wedges
- 3 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 cups mixed salad greens
- 2 tbsp balsamic vinegar

METHOD

1. Preheat oven to 350°F (175°C). Spread hazelnuts on a baking sheet and roast for 8–10 minutes, or until the skins crack. Let cool, then rub them with a kitchen towel to remove most of the skins. Roughly chop the hazelnuts and set aside.
2. Increase the oven temperature to 400°F (200°C). Place carrots, zucchini, bell pepper, and onion on a baking sheet. Drizzle with 2 tbsp olive oil, sprinkle with smoked paprika, salt, and black pepper. Toss to coat evenly.
3. Roast vegetables for 25–30 minutes, stirring once, until tender and slightly caramelized.
4. In a large serving bowl, layer the mixed greens with roasted vegetables. Sprinkle roasted hazelnuts on top.
5. Drizzle with remaining olive oil and balsamic vinegar just before serving. Can be served warm or at room temperature.