

Roast Vegetable, Farro & Goats Cheese salad

1 cup farro
1 eggplant, sliced lengthways
1 zucchini, sliced lengthways
1 red pepper, de-seeded and diced
1 red onion, cut into wedges
¼ butternut pumpkin, peeled, diced
2 cloves garlic, finely chopped
½ bunch basil, roughly chopped
¼ cup pine nuts, lightly toasted
100 gm fresh goats cheese or fetta
75 gm baby spinach leaves
Juice of 1 lemon
100 ml extra virgin olive oil
40 ml balsamic vinegar
Salt and pepper

Place the Farro in a saucepan with plenty of water, bring to the boil, simmer gently for 25-30 minutes. Drain in colander and rinse with cold water.

Heat a chargrill pan. Lightly toss eggplant and zucchini slices in a little of the olive oil, some salt and pepper, chargrill on both sides. Cut into smaller pieces.

Place red pepper, pumpkin, onion & garlic in a baking tray, coat with olive oil, season and roast on 200 c for 15 minutes or until pumpkin is cooked.

Place Farro, and all ingredients in a large salad bowl and mix well, season and dress with the extra virgin olive oil and balsamic vinegar.

Serves 6

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