

ROAST VEG with HUMMUS & PESTO

4 baby potatoes, chopped in quarters
1 kumara, chopped in 2cm cubes
1 beetroot, cut in 2cm cubes
2 carrots, cut in slices
1 red onion, sliced
¼ cauliflower, chopped into florets
1 tablespoon oil

Salt
Sprig rosemary
1 courgette, cut in circles
Handful baby spinach
Creamy Butter Bean Hummus
Pea & Herb Pesto

1. Preheat oven to 200C.
2. Add all vegetables except courgettes and baby spinach to baking dish, and spray with oil, add a little salt and top with rosemary. Bake for 20 minutes, then add courgette and continue baking until vegetables are cooked.
3. Place *Creamy Butter Bean Hummus* on plate or wrap, and then add baby spinach, *Roast Vegetables*, top with *Pea & Herb Pesto*... add some crunch with some sprouted beans or micro shoots.

CREAMY BUTTER BEAN HUMMUS

1 cup cooked butter beans
1 lemon, juice & rind
1 clove garlic, chopped
1 tablespoon tahini
Dollop olive oil
½ teaspoon salt

1. Place all the ingredients in the blender and blitz until smooth and creamy.
2. Add a little water to get required texture

PEA & HERB PESTO

2 cups minted peas, thawed
½ cup parsley
2 cloves garlic, chopped
½ cup cashews
2 tablespoons nutritional yeast
1 lemon, juice & rind
½ teaspoon sea salt
2 tablespoons extra-virgin olive oil

1. Blend all ingredients together and add salt to taste.
2. Store in fridge for up to one week.

