

Roasted Potato And Beets Salad With Miso Dressing

Ingredients:

Difficulty: Easy

(serves 4 as a side dish)

To roast the vegetables:

4 tsp olive oil

4 generous pinches of salt

2 medium golden beetroots, peeled and cut into wedges

2 medium striped beetroots, peeled and cut into wedges

2 medium red beetroots, peeled and cut into wedges

12 small potatoes (or 3 medium potatoes, if you can't find small ones)

For dressing:

1 tbsp red miso paste

3 tbsp olive oil

1 tsp sesame oil

1 tsp soy sauce (use gluten-free if needed)

1 tbsp rice vinegar

1 tsp rice syrup

To assemble:

100 gr mixed greens

generous amount of lightly toasted black sesame seeds to sprinkle (optional)

edible flowers (optional)*

*In Helsinki, you can find edible flowers in some S-markets, some large K-markets and Stockmann Food Market.

Instructions:

1. Preheat the oven to 200C. Prepare an oven tray with baking paper.

2. Put beets and potatoes, one by one, in a medium bowl, add a generous pinch of salt every time and drizzle with olive oil, about 1 tsp each time. To keep the vegetables from colouring each other (especially red beet turning everything into red), I did this in 4 groups. My order was golden beet, striped beet, potato and finally red beet (I only put the photo of the golden beet, but you just repeat the same with others). After salting and greasing each, I put them on the tray. The tray was clearly divided into 4 parts. Of course, if you don't care about colouring, you can just toss everything in 1 big bowl, add salt and olive oil and then toss onto the tray. Whichever way, put in the middle section of the oven afterwards and roast for 35-40 minutes until the vegetables are tender. After that, set aside to cool down.

3. While vegetables are cooling, make the dressing by mixing all the ingredients in one bowl and whisking them. It will be a bit thick, so add just a little water at room temperature and continue whisking to get a runnier dressing.

4. To assemble: put the mixed greens on the service plate and drizzle half of the dressing. Mix a

little gently, so all the greens get a bit of the dressing. Arrange the roasted (and now cooled) vegetables on the greens in any way you like and drizzle the remaining half of the dressing on top. If using, sprinkle some black sesame seeds and put a few edible flowers on top. Enjoy!