

# Roast Beetroot & Carrot Brown Rice Salad with Caesar Dressing

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## Ingredients

4 beetroots diced  
5 carrots diced  
1 medium cauliflower cut into florets  
1½ cups cooked brown rice (¾ dried rice)  
Olive oil  
Salt and pepper  
Handful or more of rocket  
1 cup cooked peas  
Rocket to serve  
Caesar dressing – recipe [www.veets.com.au/blog/to-dress-or-not-to-dress-that-is-the-question](http://www.veets.com.au/blog/to-dress-or-not-to-dress-that-is-the-question)

## Method

1. Place the beetroot and carrot (keep them in separate halves of the tray) in a baking tray and add a splash of oil and bake at 180°C. The carrot for 30 minutes and the beetroot for 20 minutes.
2. Place the cauliflower and a sprinkling of salt in a baking tray and bake for 20 minutes.
3. Mix the veggies with the rest of the ingredients except the rocket.
4. Add the rocket on top of the salad. Serve with the dressing on the side.



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