

# Vegetable salad with spiced potatoes

Description



**Yield**  
10 servings



**Scheduling**  
Preparation: approx. 60 minutes  
Baking time: vegetables from the oven: approx. 20 minutes/180°C; spiced potatoes: approx. 30 minutes/180°C



**Nutritional values** (100 g or 100 ml)  
energy: 273 kJ/65 kcal;  
fat: 3.4 g, of which saturated 0.5 g;  
carbohydrates: 6.1 g, of which sugars 2.9 g;  
protein: 1.5 g; salt 0.6 g

## Recipe

### Vegetable salad with spiced potatoes (4'030 g)

|         |                               |
|---------|-------------------------------|
| 2'820 g | vegetable salad, oven-roasted |
| 810 g   | spiced potatoes               |
| 400 g   | radish                        |

### Vegetable salad, oven-roasted (3'502 g)

|       |                      |
|-------|----------------------|
| 600 g | carrots              |
| 600 g | zucchini             |
| 800 g | cauliflower          |
| 50 g  | rapeseed oil         |
| 12 g  | table salt           |
| 440 g | cucumbers            |
| 340 g | bell peppers, yellow |
| 660 g | tomato vinaigrette   |

### Tomato vinaigrette (667 g)

|       |                                |
|-------|--------------------------------|
| 280 g | tomatoes, peeled, seeded       |
| 120 g | tomato ketchup                 |
| 65 g  | red wine vinegar               |
| 120 g | olive oil                      |
| 56 g  | shallots                       |
| 3 g   | flat-leaf parsley, fresh       |
| 3 g   | chives, fresh                  |
| 3 g   | chervil                        |
| 3 g   | tarragon, fresh                |
| 3 g   | table salt                     |
| 3 g   | pepper, black, coarsely ground |
| 8 g   | lemon juice, fresh             |

### Spiced potatoes (1'260 g)

|         |                          |
|---------|--------------------------|
| 1'200 g | potatoes                 |
| 15 g    | table salt               |
| 45 g    | spice blend for potatoes |

### Spice blend for potatoes (450 g)

|       |                        |
|-------|------------------------|
| 240 g | paprika powder, mild   |
| 50 g  | cayenne pepper, ground |
| 70 g  | onion granules         |
| 90 g  | curry, mild            |

Mix the spices together and store in a well-sealed container.

## Production

1

### Oven-roasted vegetables

Halve the carrots and zucchini and cut into slices about 8 mm thick. Cut the cauliflower into small florets and mix everything with oil and salt. Spread the vegetables on a baking tray and roast in the oven at 180°C for about 20 minutes without turning, until al dente. For extra crunch, add fresh vegetables such as cucumbers and peppers.

2

### Tomato vinaigrette

Score the tomatoes on the round side and place them briefly in boiling water. As soon as the skin begins to loosen when cut, remove the tomatoes from the water and peel off the skin. Cut the tomatoes open and remove the seeds, leaving only the flesh. Cut the peeled and seeded tomatoes into small cubes and mix with oil, ketchup and vinegar. Finely chop the herbs and shallots and add to the mixture. Season to taste with spices and lemon juice.

3

### Seasoning the potatoes

Cut the potatoes into 1 cm thick slices. First salt the slices on both sides, then sprinkle with the spice blend on both sides.

4

### Baking

Bake in the oven at 180°C for about 30 minutes. Turn after 20 minutes and bake for another 10 minutes.

5

### Arranging the salad

Use a divided reCIRCLE Menu bowl\* for this salad. Fill the larger side with the salad and the other side with the potato slices and radishes. Chill the salad.

\* Source of supply: [www.recircle.ch](http://www.recircle.ch), reCIRCLE BOX 2