

## Roasted red onion, rocket and parmesan salad

### Equipment

Chopping boards

sharp knives

Spoons

baking tray

### Ingredients:

- 4 medium red onions, peeled and cut into eighths
- 1/3 cup extra virgin olive oil
- Salt and pepper, to taste
- 1 garlic clove, finely chopped
- 1 lemon, juiced
- 150g rocket, washed and dried
- 150g grated or shaved parmesan cheese

### Method

1. Preheat oven to 200°C. Lightly grease a baking tray with olive oil.
2. Place onion wedges on the baking tray in a single layer and brush with about 1 tbsp of the olive oil. Sprinkle with salt and pepper then cook in the preheated oven for 20 minutes or until just tender when pierced with a skewer. Cool to room temperature.
3. Place the chopped garlic and a pinch of salt in a mortar and pestle and crush the garlic until a paste forms. Combine the garlic, remaining olive oil (about  $\frac{1}{4}$  cup) extra virgin olive oil and lemon juice in a screw top jar and shake well.
4. Layer the onions, rocket and parmesan in a in a serving bowl drizzling each layer with the dressing. Serve immediately.