Roast Vegetable Salad

**Ingredients:**
1 Red capsicum
2 Red onions
4 carrots
3 zucchini
500g pumpkin
300g washed potatoes
2 parsnips
Dried mixed herbs

**Method:**
1. De-seed and chop capsicum into 1.5 cm cubes.
2. Peel and chop red onions into 1.5 cm cubes.
3. Peel, quarter and chop carrots.
4. Quarter and chop zucchini into 1.5 cm cubes.
5. Peel and chop pumpkin into 1.5 cm cubes.
6. Cut washed potatoes into cubes.
7. Peel, quarter and chop parsnips into cubes.
8. Combine all cubed vegetables in a roasting dish with a sprinkle of dried mixed herbs.
9. Spray with cooking spray to coat, season with salt and pepper and toss.
10. Bake at 190 degrees for 45-50 minutes or until golden on all sides.