

Roasted Root Vegetables

Serve these delicious Roasted Root Vegetables with a beef stew, soups, risotto (take a look at the recipes on our website) or with your favourite Sunday roast.



Nutritional information per portion (95g):

Energy	Fat	Saturates	Sugars	Salt
353kJ 84kcal 4%	4.2g 6%	0.5g 3%	6.1g 7%	0.08g 1%

of an adult's reference intake.
Typical values per 100g: energy 371kJ/88kcal.

Equipment

Colander
Vegetable peeler
Chopping board
Sharp knife
Rolling pin (optional)
Plastic bag
Measuring spoons
Roasting tin
Oven gloves
Fish slice
Pan stand

Ingredients

Serves 4 as a side dish
2 carrots
1 sweet potato
2 parsnips
1 sprig rosemary
1 clove garlic
1 x 15ml spoon vegetable oil
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Wash all vegetables and the rosemary thoroughly.
3. Peel the vegetables and cut into roughly 8cm long and 1½cm wide sticks.
4. Put the vegetables, rosemary, garlic, oil and black pepper to taste (if using) into the plastic bag. Holding the bag closed, shake the bag thoroughly until the oil coats the vegetables.
5. Place all ingredients into the roasting tin.
6. Roast in the oven for 30 minutes until golden and crisp. Turn vegetables once during cooking using the fish slice.

Prepare now, eat later

- If you have leftover roasted vegetables, cover, keep in the fridge and add to your favourite pasta sauce or soup recipe for a quick meal the following day.

Top Tips

- Use vegetable oil rather than olive oil as this gets hotter and makes the vegetables crispy. The oil will get very hot, so be careful.
- Bash the garlic clove and rosemary with a rolling pin before adding to the plastic bag to make the flavour stronger.

Something to try next time

- You could try brushing the parsnips with honey for a sweet taste.

Skills used include:

Washing, measuring, peeling, chopping, mixing/combining and roasting.