

Note:

You can use a variety of different coloured root vegetables plus peppers & tomatoes



Cook Your Own

Easy, healthy and colourful Roasted Root Vegetables.

Root vegetables have a sweet, earthy flavour that Make them ideal for roasting

Ingredients -

- 2 small or one large, sweet potato or swede - peeled
- 2 red potatoes scrubbed clean, peel on
- 2 x large beetroot (red or golden), trimmed and scrubbed clean
- 2 large carrots peeled and halved lengthwise
- 1 parsnip medium , peeled and halved lengthwise
- 1/2 red onion peeled/ 4 whole garlic cloves (Skinned)
- Rapeseed oil/ 2 tsp dried or fresh thyme
- 3 tsp dried rosemary or fresh/ Salt & Pepper to taste

Method

1. Preheat the oven to 200oC, gas mark 6.
2. Slice all vegetables into even sized chunks. Place into a large bowl and mix with herbs, oil.
3. Oil a large baking sheet well, Spread the vegetable onto the sheet, making sure they are evenly spread out to cook.
4. Roast the vegetables in the oven for 15 minutes stirring occasionally to avoid sticking.
5. Once cooked they can be served hot or cold.
6. Simple, Nutritious and Delicious



Always ask for an adult's permission before cooking in the kitchen.