



INSTRUCTION CARD - ROASTING VEGETABLES

(SERVES 4)

INGREDIENTS:

300g vegetables of your choice
(e.g. sweet potatoes, parsnips, carrots,
pumpkin or cherry tomatoes)
¼ cup canola oil
Balsamic vinegar (optional)

UTENSILS:

Clean paper towel or cloth Measuring cups
Knife
Chopping board
Baking tray or oven dish
Baking paper

OPTIONS:

- For added taste add balsamic vinegar, herbs, onion and/or garlic before baking.

METHOD:

1. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
2. Preheat oven to 220°C.
3. Peel vegetables if required (See NOTE below) and chop vegetables into small bite-size pieces to ensure even cooking.
4. Place the vegetables onto a metal baking tray or oven dish lined with baking paper. Spread vegetables out evenly to avoid overlapping. Add balsamic vinegar, garlic or onion if desired.
5. Lightly sprinkle canola oil on the vegetables, rotating them to ensure they are evenly coated.
6. Place the baking tray/oven dish into oven. Cook for 20 minutes and then turn the vegetables over and cook for a further 20 to 25 minutes or until golden brown and tender.
7. Remove the baking tray/oven dish from oven and distribute vegetables evenly on to four plates to serve.

NOTE – Keeping the skin on vegetables such as carrots and potatoes improves dietary fibre intake as well as increasing other important nutrients such as vitamins and minerals. It also reduces the amount of food waste.



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