



ROASTED VEGETABLES

Ingredients

- Half a butternut squash
- 1 sweet potato
- 1 red onion
- 1 courgette
- 2 parsnips
- 2 carrots
- 2 tablespoons olive oil
- 1 tablespoon dried rosemary
- Black pepper for seasoning

Cook's Tip: Experiment with any vegetables of your choice for endless variety!

Method

- 1** Preheat the oven to 200°C / 400°F / Fan 180°C / Gas Mark 6.
- 2** Wash the squash (no need to peel unless you want to), cut in half and remove the seeds.
- 3** Cut the squash and sweet potato into 2cm chunks.
- 4** Peel and cut the red onion into large chunks.
- 5** Wash and cut the courgette, parsnips and carrots into good sized chunks.
- 6** Scatter all prepared vegetables onto a baking tray and drizzle olive oil over it.
- 7** Season with black pepper and the dried rosemary.
- 8** Use a fish slice to turn and coat the vegetables in the oil.
- 9** Place in the hot oven and cook for 20 minutes. Half way through, turn the vegetables over.