



Roasted Veg

Roasting vegetables really brings out their lovely sweet taste and is a great way to eat more veg. It's simple to prepare, forming the basis for a larger meal. If you're missing some of the ingredients, use any vegetables you have to hand.



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Allergen info

* Fish - fish

Equipment

Knife, chopping board, baking tray, ovenproof dish

Ingredients

- 3 tbsp. oil
- 1 tsp. dried herbs or a handful of fresh
- Salt and pepper

Use any vegetables, we suggest:

Autumn/Winter

- 1 onion cut into chunks
- 2 carrots, cut into chunks
- 2 parsnip, cut into chunks
- ½ butternut squash – cut into chunks

Summer

- 1 onion cut into chunks
- 1 courgette, cut into chunks
- 1 beetroot, peeled and cut into chunks
- 4 fresh tomatoes, cut in half
- 1 handful of fresh beans, peas, mange tout

Optional Extras

- * Add meat, meat substitute or fish to the roasting pan at the same time as the vegetables
- Get creative! If you can add any other herbs, spices or pastes to roast the veg in.

Helpful Tips

- Roasted veg can form the basis of lots of other meals: roast veg pasta, roast veg lasagne, a substantial salad with rice and other grains. It really is a very versatile dish.

Method



Serves 4



1

Preheat oven to 180C/160C fan/350F gas mark 4
If you are going to add meat, meat substitute or fish, add it now



2

Prepare the vegetables, chopping them up so they are roughly the same size



3

Place on a baking tray or oven proof dish, making sure the vegetables are spread out



4

Drizzle the oil over the vegetables



5

Season with salt and pepper



6

Sprinkle over the dried herbs and mix well. If using fresh herbs add at the end



7

Roast in the oven until vegetables are soft (test with a knife)



8

Serve on their own, or with a simple salad

