



## Roast vegetable medley

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Jazz up your roast vegetables by adding a variety of different vegetables, adding colour, flavour and a boost of anti-oxidants.

## Ingredients:

4 small-medium sized potatoes (skin on and scrubbed with a scourer to remove dirt)

1 kumara (skin on and scrubbed)

¼ pumpkin

2 carrots

1 parsnip

1 celery stick

2 courgettes

1 bulb of garlic

Favourite herbs (optional)

Iodized salt and pepper to taste

2 Tbsp oil

## Directions:

Preheat oven at 220°C.

Chop the vegetables into manageable sized chunks. Try and keep all of the vegetables around the same size for even cooking with the exception the of the carrots and celery which can be bigger.

Arrange all of the vegetables except the celery in a large roasting dish. Do not put the vegetables in the same dish with any roast meats. Pour over oil and toss to cover all of the vegetables. Season with salt, pepper and herbs to taste.

Bake for 30 minutes before adding the celery and bake for a further 20 minutes or until golden and soft. Remove from the oven and allow to cool for 5 minutes. Serve with roast meats, fresh steamed green vegetables and gravy.

## Cook's tip:

Cook the vegetables in their own dish.