

Get Set Cook Recipe

Use any combination of seasonal vegetables (keeping them all roughly the same size)

Roasted Vegetables (Serves 2+)

- 1 medium potato, scrubbed & cut into 12 cubes
- 1 large carrot, scrubbed & cut into 12 lengthwise
- 1 medium parsnip, peeled & cut into 10 lengthwise
- 1 medium sweet potato, peeled & cut into 12 cubes
- 1 large onion, cut into 4
- ¼ butternut squash, peeled, seeds removed & cubed
- 2 – 3 cloves garlic, peeled
- 2 – 3 tblsp olive oil
- Salt and black pepper
- Fresh herbs (when available)
- ½ red pepper, de-seeded and cut into 4 lengthwise



Instructions:

- 1) Pre-heat oven to 200C, 400F, Gas Mark 6.
- 2) Prepare all the ingredients (as above).
- 3) Place the prepared vegetables in shallow roasting pan or oven-proof dish. Drizzle with olive oil. Add salt and pepper.
- 4) Place on the top shelf of a pre-heated oven for 50 – 60 minutes. Add red pepper, skin side up 15 minutes before the end of cooking time.

