

Chinese Style Roasted Vegetables

Season: Autumn

Type: Salad

Serves: 32 tastings

From the garden: Sweet potato & pumpkin

Class focus: Cut vegetables into cubes



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring spoons
Baking tray x 2
Baking paper
Serving bowl x 5
Serving spoon x 5

Ingredients:

½ pumpkin (skin-off, seeded, cubed – 1.5cm)
2 sweet potatoes (skin-on, cubed – 1.5cm)
2 tablespoons soy sauce
½ tablespoon honey
1 teaspoon five spice powder
½ teaspoon ground ginger
1 tablespoon rice wine vinegar
2 tablespoons olive oil
10 grinds of pepper

What to do:

1. Heat oven to 180C.
2. Wash all the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients in a large mixing bowl and toss well.
5. Pour into the lined baking trays.
6. Bake in the oven for 25 minutes or until the vegetables are tender and golden.
7. Serve into 5 serving bowls with a serving spoon in each.

For vegan:

Use maple syrup.