

Roasted Vegetables with Apples

Season: Winter

Type: Side

Serves: 32 tastings

From the garden: Pumpkin, sweet potato & rosemary

Class focus: Cutting vegetables into cubes & chopping herb



Equipment:	Ingredients:
<p>Large bowl x 1 Wooden spoon x 1 Apple corer x 1 Chopping boards and knives Measuring cups Measuring spoons Baking tray x 2 Baking paper Serving plate x 5 Serving spoon x 5</p>	<p>½ pumpkin (skin-on, cubed - 1cm) 2 sweet potatoes (skin-on, cubed - 1cm) 3 carrots (skin-on, cubed - 1cm) 2 apples (skin-on, cubed - 1cm) ½ onion (cubed - 1cm) 1 clove garlic (minced) 2 sprigs rosemary (leaves only, finely chopped) 2 tablespoons maple syrup 1 tablespoon apple cider vinegar 4 tablespoons olive oil 1 teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables and herb.
2. Heat oven to 180C.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients in a large bowl and toss well.
5. Pour into the lined baking trays.
6. Bake in the oven for 20 minutes or until the vegetables are tender and golden.
7. Serve into 5 serving plates with a serving spoon in each.