

FIGHTING FOOD WASTE WITH Perfection



Here is a list of fruit that is suitable for roasting. Any combination can be used to create delicious roasted fruit recipes. It's a great way to use up less than perfect fruit at the end of the week or to make your fruit last longer.

HARD FRUIT

Apples, quartered, cored, cut into 2-3cm pieces Pears, quartered, cored, cut into 2-3cm pieces Nashi, quartered, cored, cut into 2-3cm pieces

ROASTING METHOD

Temperature: 200°C

Method: Quarter, core, & cut into 2-3cm pieces. Scatter the hard fruit into the base of a roasting dish. Spoon over 1 tablespoon of honey, maple syrup or sugar. Stir to coat.

Total Roasting Time: 40 - 45 Minutes

DELICATE FRUIT

Grapes, removed from the stems, left whole or halved

Strawberries, hulled, halved

Raspberries

Blueberries

Blackberries

Fresh figs, torn into pieces

Fresh dates, halved, seed removed

ROASTING METHOD

Temperature: 200°C

Method: Place the delicate fruit in a bowl. Spoon over 2 Teaspoons honey, maple syrup, or sugar. Toss gently to coat. Add to a tray.

Total Roasting Time: 10 Minutes









FIRM FRUIT

Rhubarb, cut into 3cm pieces Pineapple, peeled, cut into 3cm pieces



ROASTING METHOD

Temperature: 200°C

Method: Place the firm fruit in a bowl. Spoon over 2 teaspoons honey, maple syrup, or sugar. Toss gently to coat. Spread into a baking dish.

Total Roasting Time: 20 Minutes

JUICE

Mandarin, halved and juiced

Orange, halved and juiced

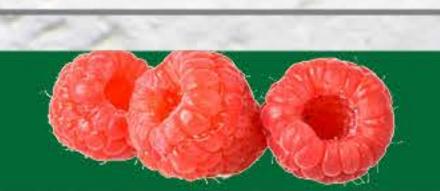
Passionfruit, halved, pulp spooned into small bowl

OPTIONAL EXTRAS

Fresh sprigs mint Fresh sprigs rosemary Fresh sprigs thyme Fresh sprigs basil Fresh ginger, unpeeled, sliced



TIPS



- · Rinse any un chopped fruit in a bowl with cold water, dry (the delicate fruit should be placed on sheets of paper towel to drain).
- There is no need to peel apples and pears, but if you do, place them into a snap lock bag with the cores and freeze in a small snap lock bag. Add to the pan when making jams and chutneys.
- Fruit types can be roasted together or separately. If you are roasting hard, firm, & delicate fruit all together. You can roast them at the same time. Just make sure the total roasting time for each fruit type doesn't go over the suggested time unless the fruit could burn.

ROASTED VEGETABLES CHART

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Here's a list of vegetables perfect for roasting. Mix and match to create mouthwatering roasted veggie dishes. It's a smart way to minimize food waste by using up imperfect produce.

HARD VEGETABLES

Beetroot, peeled, cut into 2cm pieces

Carrots, cut into 3cm pieces

Parsnips, scrubbed, cut into 3cm pieces Turnip, scrubbed, cut into 3cm pieces

Sweet potato, scrubbed, cut into 3cm pieces

Potatoes, scrubbed, cut into 3cm pieces Pumpkin, peeled, cut into 3cm pieces

ROASTING METHOD

Temperature: 200°C

Method: Arrange the hard vegetables in a roasting pan. Spray lightly with oil. Season with salt & pepper to taste

Total Roasting Time: 40 - 45 Minutes

MEDIUM VEGETABLES

Brussels sprouts®, thickly sliced (keep loose leaves that fall off)

Cauli-Blossom®, halved or cut into three crossways

Cauliflower, cut into florets

Eggplant, cut into 3cm pieces

Fennel, thickly sliced

MiniCaps® baby capsicum or capsicum, roughly chopped

Mushrooms, thickly sliced

Onions, peeled, cut into thin wedges

Sweetcorn, cut from the cob





ROASTING METHOD

Temperature: 200°C

Method: Add medium vegetables to a roasting pan. Spray with oil and season with salt and pepper. Toss gently to combine.

Total Roasting Time: 30 Minutes

SOFT VEGETABLES

Asparagus, cut into three crossways

Broccolini®, halved or cut into three crossways

Broccoli, cut into florets

Green beans, halved or cut into three

Leeks, halved lengthwise, washed, dried, thickly sliced

Tomatoes (Kumato®, MixaMato®, Solanato®), roughly chopped

Spring (green) onions, roughly chopped

Zucchini, chopped

ROASTING METHOD

Temperature: 200°C

Method: Add the soft vegetables to a roasting pan. Spray with oil, season with salt & pepper. Toss to combine.

Total Roasting Time: 20 Minutes

LEAFY VEGETABLES

Cabbage, shredded Kale, shredded

Silverbeet, shredded

Spinach, shredded

ROASTING METHOD

Temperature: 200°C

Method: Add leafy vegetables to a roasting pan. Drizzle

with oil. Season with salt & pepper. Total Roasting Time: 5 Minutes

OPTIONAL EXTRAS

Fresh sprigs mint

Fresh sprigs rosemary

Fresh sprigs thyme

Fresh sprigs basil Fresh ginger, unpeeled, sliced



AROMATS

Garlic, sliced or crushed Ginger, grated

Chilli, thinly sliced



TIPS

- · Tip if using aromats (garlic, ginger or chilli) follow the medium vegetables roasting method.
- · Vegetable types can be roasted together or separately. If you are roasting hard, medium, soft & leafy vegetables all together. You can roast them at the same time. Just make sure the total roasting time for each vegetable type doesn't go over the suggested time unless the vegetables could burn.



SERVING SUGGESTIONS

Serve with your mid-week meal of chicken, sausages, rissoles, or pan fried tofu.

Serve over pasta sprinkled with grated cheese.

Stir through leftover Bolognese, then stir through spagnetti. serve topped with grated cheese and basil.