

# ROASTED FRUIT CHART

## FIGHTING FOOD WASTE WITH

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

### 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

### 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.

### 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

### 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**





# ROASTED VEGETABLES CHART

## FIGHTING FOOD WASTE WITH

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  
**Chili**, 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 spaghetti. serve topped with grated cheese and basil.