

ROASTED VEGETABLES CHART



VEGETABLES FOR ROASTING

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

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



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



SOFT VEGETABLES

Cabbage, shredded
Kale, shredded
Silverbeet, shredded
Spinach, shredded

AROMATS




Garlic, sliced or crushed
Ginger, grated
Chili, thinly sliced



ROASTED VEGETABLES CHART



TRAY BAKE ROAST VEGETABLES

 Serves: 4-6  Prep Time: 10min  Cook Time: 32min



Ingredients

- 2-3 cups chopped hard vegetables (like ½ carrot, 1/3 sweet potato, 1 potato and a small piece of pumpkin)
- 1-2 cups chopped medium vegetables (like 4 Brussels sprouts®, 2 stems Cauli-Blossom®, 2 MiniCaps®)
- 2 cups chopped soft vegetables (like 2 stems Broccolini®, ¼ leek, 1/3 eggplant and ½ zucchini)
- ½ cup shredded leafy vegetables, optional
- Olive oil spray
- 1-1½ tbs lemon pepper, Italian mixed dried herbs, Moroccan spice blend, Mexican spice blend or any other spices you have in the cupboard
- Extra virgin olive oil, to serve

Method

1. Preheat a fan forced oven to 200°C. Lightly grease a large roasting pan.
2. Arrange the hard vegetables in the roasting pan. Spray lightly with oil. Sprinkle over 2 teaspoons of lemon pepper, season with salt and pepper. Roast for 15 minutes until the vegetables just start to colour around the edges.
3. Add the medium vegetables to the pan. Spray with oil and sprinkle over the remaining lemon pepper. Toss gently to combine. Roast for 10 minutes.
4. Add the soft vegetables to the pan. Spray with oil, toss to combine and roast for 15 minutes until all the vegetables are tender. Add the leafy vegetables to the pan for the last 5 minutes if you are using them. Drizzle with a little extra virgin olive oil, season and serve.

TIP

- If using aromats (garlic, ginger or chilli) add them with the medium vegetables.

SERVING SUGGESTION;

- Serve with your mid-week meal of chicken, sausages, rissoles, 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.

ROASTED FRUIT CHART



FRUIT FOR ROASTING

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.

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



FIRM FRUIT

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

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



JUICE

Mandarin, halved and juiced
Orange, halved and juiced
Passionfruit, halved, pulp spooned into small bowl

EXTRAS

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



TIPS

- Rinse any unchopped fruit in a bowl with cold water and dry. The delicate fruit should be placed on sheets of paper towel to drain.
- There is no need to peel apples and pears. If you do remove the peels, they can be placed into a snap lock reusable bag and frozen. Add to the pan when making jams and chutneys for extra flavour, while also reducing food waste.
- Fruit types can be roasted together or separately. If you are roasting different types of fruit together, make sure the total roasting time for each fruit type doesn't go over the suggested time. Otherwise the fruit can burn.

ROASTED FRUIT CHART



VANILLA ROASTED FRUIT



Cook Time: 32min



Serves: 4



Prep Time: 10min

Ingredients

- 2-3 cups hard fruit (2 apples, 1 pear)
- 1 cup firm fruit (1/4 pineapple)
- 1-2 cups delicate fruit
- 2 tbs honey, maple syrup, caster, white or raw sugar
- 1 tsp vanilla extract or paste or ½ vanilla bean
- A few sprigs of optional extras
- Juice from 1 orange, mandarin or the pulp from 1 passionfruit



Method

1. Preheat the oven to 200°C fan forced. Lightly grease a medium-large size roasting pan or baking dish (the larger the pan the more space the fruit has to roast rather than stew).
2. Scatter the hard fruit into the base of the dish. Spoon over 1 tablespoon of honey, maple or sugar. Add the vanilla. Stir to coat. Spread evenly over the base of the dish. Roast for 10-12 minutes until the fruit just starts to colour.
3. Place the firm fruit in a bowl. Spoon over 2 teaspoons honey, maple syrup, or sugar. Toss gently to coat. Add to the roasted fruit with optional extras if using, and stir to combine. Roast for 10 minutes.
4. Place the delicate fruit in a separate bowl. Spoon over the remaining 2 teaspoons of honey, maple syrup, or sugar. Toss gently to coat. Add to the roasted fruit, stir gently to combine and roast for a further 10 minutes.
5. Remove from the oven, remove the herbs and ginger if used. Drizzle over the juice or passionfruit. Serve warm, at room temperature or cold with yoghurt, ice cream or custard.

Store in a glass or ceramic airtight container in the fridge for up to 5 days.

SERVING SUGGESTIONS

- Spoon over toasted muesli, granola, chia or, quinoa breakfast pudding or breakfast cereal.
- Spoon into jars of overnight oats.
- Serve over toasted waffles, warm crepes or pancakes.
- Add 1-2 cups of roasted fruit to bread and butter pudding before cooking.
- Use it as the base for a crumble.
- Spoon into the base of a cake pan and use for an upside-down cake.