

Garlic, lemon & thyme roasted vegetables



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Preparation 20 mins | Cooking 45 mins | Serves 6

- 2 carrots, peeled and chopped into chunky pieces
- 2 parsnips, peeled and cut into wedges
- 2 small swedes, peeled and cut into wedges
- 3 small kumara (orange sweet potato), scrubbed & quartered lengthways
- 1 head garlic, halved horizontally
- ¼ cup extra virgin olive oil or olive oil spray
- ½ bunch fresh thyme
- 1 lemon, rind cut into thin long strips

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line 2 large baking trays with baking paper.

STEP 2 Arrange carrots, parsnips, swedes, kumara and garlic on baking trays. Brush or spray with oil, tossing, to coat. Sprinkle with thyme and lemon rind. Roast, turning occasionally, for 40-45 minutes or until tender and serve.

Good for you... *KUMARA (orange sweet potato)*

Like other orange coloured vegetables, kumara is rich in a range of carotenoids, including beta carotene, which the body converts to vitamin A (needed to for normal vision and the structure of our skin). A good source of vitamin C, which is needed for the normal functioning of the immune system. A good source of vitamin E, which helps protect cells from damaging free radicals. A source of dietary fibre which is needed for the normal functioning of the intestine.

