

Roasted vegetables with garlic & thyme



Roasted vegetables with garlic & thyme

Ingredients:

- 4 small (about 90g each) King Edward or Desiree potatoes
- 1/4 cup olive oil
- 4 garlic cloves, unpeeled and slightly flattened
- 500g piece Jap pumpkin, deseeded and sliced into 4 pieces
- 4 small (about 90g each) parsnips, peeled
- 6 even-sized (about 400g) Jerusalem artichokes, scrubbed
- 2 small red onions, halved lengthways and papery skin removed
- 2 tbs thyme sprigs
- sea salt and ground black pepper

Health benefits of potatoes:

- Provide dietary fibre in the skin and the flesh.
- The skin of potatoes helps retain vitamins during cooking and also has higher levels of some antioxidants.

Method:

1. Preheat oven to 220°C. Par-boil potatoes in a medium saucepan of boiling water for 8 minutes or until just softening. Drain well. Using a fork, lightly scrape potatoes to roughen flesh.
2. Place oil in a large baking pan. Heat in oven until hot. Toss garlic in hot oil. Add potatoes, pumpkin, parsnips, Jerusalem artichokes, onions and thyme. Season with salt and pepper to taste.
3. Gently toss vegetables to coat in oil. Roast vegetables, turning occasionally, for 35–45 minutes or until tender. Serve with roasted meats or chicken, or simply with hummus if desired.

Serves: 4–6 as a side dish

Preparation: 15 minutes

Cooking: about 50 minutes