

Spiced roasted vegetables



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Preparation: about 15 minutes

Cooking: about 50 minutes

Serves: 4

1/4 cup olive oil

1 tsp ground coriander

1 tsp ground cumin

1 tbs lemon juice

8 garlic cloves, slightly crushed

4 medium carrots, peeled and cut into 3 pieces

4 small parsnips, peeled and halved lengthways

750g kumara (orange sweet potato), peeled and cut into chunks

4 small red onions, peeled

salt and ground black pepper

1. Preheat oven to 220°C. Combine oil, coriander, cumin and lemon juice in a jug. Mix to combine. Pour mixture into a large heavy-based roasting pan. Heat mixture in oven for 4–5 minutes until sizzling.
2. Add garlic and vegetables to pan and toss to coat in hot oil mixture. Roast vegetables, turning occasionally, for 40–45 minutes or until vegetables are tender.
3. Squeeze roasted garlic cloves from their skins. Arrange garlic and vegetables on a serving platter, season with salt and pepper to taste and serve.

Serving suggestion: Top the roasted vegetables with a few large spoonfuls of hummus and a handful of wild rocket leaves just before serving. Great served with roast lamb or chicken.



Kumara

- A source of carbohydrate and has a low glycaemic index (GI), so that its carbohydrate provides long-lasting energy.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.