

# Spiced roasted vegetables



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Preparation 25 mins | Cooking 50 mins | Serves 4

- ¼ 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

**STEP 1** Preheat oven to 220°C/200°C fan-forced. Combine oil, coriander, cumin and lemon juice in a jug. Pour mixture into a large heavy-based roasting pan. Heat mixture in oven for 4-5 minutes until sizzling.

**STEP 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.

**STEP 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 hummus and a handful of rocket leaves just before serving. Great served with roast lamb or chicken.

## Good for you... CARROTS

*The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.*

