



# BOREDOM BUSTERS

## ROAST VEGETABLES

### INGREDIENTS:

- Any root vegetables (pumpkin, potato, carrot, beetroot etc.)
- Olive Oil
- Salt and pepper
- (optional) herbs and spices of your liking

### EQUIPMENT:

- Large knife
- Chopping board
- Large mixing bowl
- Oven trays
- baking paper/ foil
- Air tight container



### METHOD:

1. Preheat the oven to 180 degrees celsius
2. Peel and remove seeds (pumpkin)
3. Cut the vegetable into smaller pieces (approx. 5cm x 5cm)
4. Place chopped vegetables in a large mixing bowl and drizzle a little olive oil, salt and pepper and any herbs/ spices, if you desire (e.g. rosemary), toss to coat
5. Evenly spread the vegetables on a pre-lined oven dish or tray
6. Roast in the oven for approximately 40 -60 minutes until golden brown.
7. Let cool, then place into an airtight container.

### TIPS AND STORAGE:

- Store in an air-tight container in the fridge for up to 3 days.
- Tip: experiment with different herbs/ spices such as turmeric, cumin, parsley and oregano.