



Your guide to:
Roasting vegetables

Fresh New Zealand
grown vegetables

FLIP OVER
FOR TIPS!



Roasting vegetables

Serve roasted vegetables as part of a roast dinner, added to salads or in sandwiches.

1. Preheat the oven to 200°C.
2. Prepare vegetables, wash, peel if necessary and dry. Slice into similar sized pieces.
3. Pour a small amount of vegetable oil into the roasting dish, add vegetables and toss.
4. Roast until vegetables are tender. They should be slightly shrivelled, but not dried out.

Cook vegetables in a separate pan from roasting meat and they won't soak up the meat fat.

FAVOURITE COMBINATIONS

Mediterranean: potatoes, red onions, capsicums, whole garlic cloves

Traditional: kumara, potatoes, pumpkin

Rainbow: beetroot, carrots, courgettes, onions

Salad: add diced roast pumpkin to spinach salad

Vegetables to roast: asparagus, beetroot, capsicums, carrots, courgettes, garlic, kumara, onions, potatoes, pumpkin, whole tomatoes.

For more delicious recipes and ideas visit www.vegetables.co.nz



Slow roasting

1. Preheat oven to 120–150°C.
2. Select and prepare vegetables; trim asparagus, deseed and slice capsicums into quarters, choose tomatoes on the vine.
3. Place in a roasting dish.
4. Drizzle vegetables with olive oil, add a dash of balsamic vinegar and freshly ground black pepper.
5. Roast until vegetables are tender.

