



## ROASTED ROOT VEGETABLES

*Vegetable accompaniment:* this recipe provides a portion of vegetables. It counts towards the food-based standard for lunch to provide a portion of vegetables as an accompaniment every day.

Recipe adapted from: King Edward VI Upper School, as featured in the Children's Food Trust Recipes for Success series.

### Ingredients

30g fresh thyme  
50ml (3 tbsp) vegetable oil  
40g (2 tbsp) garlic puree  
500g carrots, peeled and chopped  
500g swede, peeled and chopped  
500g parsnip, peeled and chopped  
500g butternut squash, peeled, deseeded and chopped

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Reserve 10g thyme. Put the remaining 20g thyme, the oil, garlic puree and all the vegetables into a bowl and mix well.
3. Tip the vegetables onto a baking tray and roast for 50 minutes, or until soft, turning occasionally.
4. Serve the roasted vegetables hot or cold. Garnish with the reserved thyme leaves.

**Serving suggestion:** offer as a salad bar option or include as fillings for wraps or jacket potatoes.



#### Number of portions this recipe makes:

32 primary servings (65g)  
26 secondary servings (80g)



**Prep:** 15 minutes  
**Cook:** 50 minutes



#### Allergy information:

Sulphites



#### Top Tips

Try roasting pumpkin or beetroot when in season.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose vegetable oil based on unsaturated fat