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 purée 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