



ROASTED ROOT VEGETABLES WITH TOMATO AND LEAFY GREENS

Season:	Year round
From the garden:	Beetroot, parsnip, carrot, snow peas, parsley, kale, silverbeet
Type:	Main
Difficulty:	Easy
Country of origin:	Italy
Serves:	6 or 30 tastes
Source:	simplyrecipes.com

Equipment

- *chopping board and knife
- *bowls
- *colander
- *saucepan with lid
- *can opener
- *baking tray
- *measuring cup and spoons

Ingredients

- *1,5 kg root vegetables
- *2 cups (packed) leafy greens
- *bunch of parsley
- *1 cup of snow peas (optional)
- *4 cloves of garlic
- *½ onion (red or brown)
- *1 tbsp tomato paste
- *1 can of tomatoes
- *1 tsp dried oregano or italian seasoning
- *black pepper to taste
- *olive oil

Method

- 1. preheat oven to 200 degrees**
- 2. wash the root vegetables and chop into even small pieces**
- 3. peel the garlic**
- 4. mix the vegetables and garlic with 2 tbsp olive oil and spread on a baking tray, lined with baking paper. Season with salt and pepper**
- 5. place the vegetables in the oven to roast. Stir half way through cooking (after around 15-20 minutes)**
- 6. peel and chop the onion**
- 7. open the can of tomatoes**
- 8. add a little olive oil into the saucepan and fry the onion till softened**
- 9. add the tomatoes, tomato paste and dried oregano**
- 10. put the lid on the pan and let the tomato sauce simmer**
- 11. wash and chop the leafy greens and parsley**
- 12. slice snow peas and cook in a little bit of water in the microwave for 1-2 minutes**
- 12. take the vegetables out of the oven and mix into the tomato sauce**
- 13. add leafy greens and snow peas. Mix**
- 14. serve with crusty bread or flatbread and a salad**

Notes: Potatoes, kumara and pumpkin could be added when in season

Skills: measuring, *mixing*, *chopping*