



MIXED VEGGIE TRAY BAKE WITH A GARLIC AND HERB MAYO

Season:	Winter
From the garden:	Pumpkin, kumara, cauliflower, broccoli, carrot, parsley, chives
Type:	Dinner
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *measuring spoons
- *colander
- *bowls
- *mixing spoon
- *veggie peeler
- *baking tray

- *chopping board and knife
- *bowl and spoon
- *measuring cup

Ingredients

- *400 g each of pumpkin and kumara
- *2 med. or 1 large carrot
- *small broccoli
- * $\frac{1}{2}$ cauliflower
- *1 can chickpeas
- *1 tsp dried oregano
- *1 tsp dried thyme
- *1 tsp salt and pepper to taste
- * $\frac{1}{2}$ tsp chilli powder
- *2 tbsp oil

For the mayo:

- * $\frac{1}{2}$ cup mayonnaise
- * $\frac{1}{2}$ cup sour cream
- *2 cloves garlic
- *handful of fresh herbs (parsley, chives..)
- *salt and pepper to taste

Method

- 1.preheat oven to 220 degrees**
- 2.cut pumpkin into wedges, remove the seeds and peel**
- 3.peel kumara**
- 4.chop the pumpkin and the kumara into even sized small pieces**
- 5.cut the broccoli and cauliflower into bite size pieces (use the smaller stalks as well)**
- 6.open the can of chickpeas, tip them into a colander over the sink and rinse**
- 7.peel the onion and cut into quarters**
- 8.place all the ingredients into a large bowl and mix**
- 9.spread the mixture in one layer on a baking tray. Use two trays if necessary**
- 10.place tray in the oven and roast vegetables till tender and browned**
- 11.for the mayo, peel the garlic and chopped finely**
- 12.chop the herbs as finely as possible**
- 13. measure the mayo and sour cream into a mixing bowl, add the herbs, garlic and seasoning and mix**

Notes: Pumpkin and kumara are hard vegetables to cut, so smaller children will need the help of adults.

Skills: *measuring, chopping, peeling*