



# GARLICKY POTATO, RADISH, ZUCCHINI AND CHICKPEA TRAY BAKE

**Season:** Autumn  
**From the garden:** Potatoes, radish, fresh herbs, rampicanti zucchini  
**Type:** Lunch, dinner  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 35 tastes  
**Source:** [www.theveganlarder.com](http://www.theveganlarder.com)

## Equipment

- \*colander*
- \*chopping board*
- \*knife*
- \*can opener*
- \*roasting tray*
- \*measuring spoons*
- \*bowls*

## Ingredients

- \*500g potatoes*
- \*300g courgette, capsicum or pumpkin*
- \*bunch of radishes*
- \*1 can chickpeas*
- \*5 cloves of garlic*
- \*1 tsp dried oregano*
- \*1 tsp dried thyme*
- \*1 fresh chilli or ½ tsp chilli powder*
- \*1 tsp salt*
- \*2 tbsp olive oil*
- \*handful of fresh herbs (we are using parsley)*

## **Method**

- 1. preheat oven to 230 degrees**
- 2. wash potatoes and put in a colander to drain**
- 3. cut the bigger ones into 1cm by 1cm big cubes or leave whole if they are very small**
- 4. open the can of chickpeas, drain and wash**
- 5. top and tail the radishes, cut them in half or quarters if big**
- 6. split the chilli (if using fresh) in half, scrape out seeds and cut in small pieces. wash hands afterwards.**
- 7. peel the rampicanti zucchini, cut it into 1 cm thick slices and then into cubes**
- 7. put potatoes, chickpeas, radishes, zucchini, salt, thyme, oregano, garlic (unpeeled) chilli and oil in the baking tray and mix well.**
- 8. put in the oven and roast for 20 minutes. After 20 minutes give it a stir and return for another 10 minutes if necessary**
- 9. squish the roasted garlic out of its skin and mix with roasted vegetables**
- 10. mix in the chopped herbs**

**Notes: *if pressed for time, the potatoes could be pre cooked in the microwave to reduce roasting time.***

**Skills: *cutting, measuring, peeling***