



VEGETABLE AND CHICKPEA TRAYBAKE WITH SNOW PEAS AND GREENS

Season:	Winter, spring
From the garden:	Cauliflower, radish, carrot, parsnip, potato, leek, snow peas, kale
Type:	Main
Difficulty:	Easy
Country of origin:	
Serves:	8 serves or 30 tastes
Source:	bhg.com

Equipment

- *chopping board and knife
- *colander
- *measuring cup and spoons
- *mixing bowl and spoon
- *can opener
- *baking tray
- *microwave safe bowl

Ingredients

- *1,5 kg vegetable (any mixture)
- *1 med. red onion
- *3 garlic cloves
- *3 tbsp oil
- *1 can chickpeas
- *1 tbsp dried oregano
- *1 tsp brown sugar
- *1 tsp salt and pepper to taste
- *2 cups snow peas
- *few handfuls of kale

Method

- 1. preheat oven to 200 degrees**
- 2. wash all vegetables**
- 3. chop all root vegetables into even small cubes**
- 4. cut the florets of the cauliflower, and cut stem into even small pieces**
- 5. trim the any roots left of the leek and using only the white part, cut it into around 2 cm long pieces**
- 6. peel the garlic and chop**
- 7. peel the red onion and cut into thick slices**
- 8. in a small bowl, mix the chopped garlic, oil, sugar, salt and pepper and oregano**
- 9. open the can of chickpeas, rinse and drain**
- 10. add the vegetables, onion and the chickpeas into a big bowl, pour the oil mixture over, and mix well**
- 11. spread the chickpeas/vegetable mixture on a baking tray. Make sure the tray is big enough for an even layer**
- 12. put into the oven to roast. Give it a mix halfway through cooking (after 15-20 min.)**
- 13. while the vegetables are are roasting, slice the snow peas and kale and steam in the microwave with a little bit of water for around 2 minutes**
- 14. remove roasted vegetable from the oven and mix with the steamed snow peas and kale**
- 15. serve with a herb and sour cream sauce**

Notes:

Skills: measuring, *mixing, cutting, slicing*