



MIXED VEGGIE TRAY BAKE WITH A GARLIC AND HERB SAUCE

Season: Any time

From the garden: Parsnip, carrots, pumpkin, kale, potatoes, sorrel, 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

*baking trays

*chopping board and knife

*bowl and spoon

Ingredients

*8-10 cups mixed, chopped vegetables

*handful of fresh herbs

*bunch of kale

*1 can chickpeas

*1 onion

*1 tsp dried thyme

*1 tsp salt and pepper to taste

*1 tsp dried oregano

* $\frac{1}{2}$ tsp chilli powder

*2 tbsp oil

For the mayo:

* $\frac{1}{4}$ cup mayonnaise

* $\frac{1}{2}$ cup sour cream

***measuring cup**

***2 cloves garlic**

***handful of fresh herbs**

***salt and pepper to taste**

Method

1.preheat oven to 200 degrees

2.wash the vegetables and cut the potatoes, pumpkin, carrots and parsnips into even sized chunks (around 2 cm)

3. cut kale leaves from the tough stalks and slice. Keep the kale separate from the other veggie

4.open the can of chickpeas, tip them into a colander over the sink and rinse

5.peel the onion and cut into quarters

6.place the chopped vegetables, onion and chickpeas into a large bowl and mix with the oil, dried herbs and seasoning

7.spread the mixture in one layer on a lined baking tray. Use two trays if necessary

8.place trays in the oven and roast vegetables until tender and browned

9.for the sauce, peel the garlic and chop finely

10.chop the herbs as finely as possible

11. measure the mayo and sour cream into a mixing bowl, add the herbs, garlic and seasoning and mix

12.mix the roasted vegetables with the sliced kale and serve with a dollop of the sauce on the side

Notes: Any mixture of vegetables can be used

Skills: *measuring, chopping*