



## MIXED VEGGIE TRAY BAKE WITH A GARLIC AND HERB MAYO

**Season:** Winter  
**From the garden:** Kumara, capsicum, carrot, fennel, 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

### Ingredients

- \*500 g kumara
  - \*2 large carrots
  - \*3 capsicum
  - \*1 large or 2 small fennel bulbs
  - \*1 red onion
  - \*1 can chickpeas
  - \*1 tsp dried oregano
  - \*1 tsp dried thyme
  - \*1 tsp salt and pepper to taste
  - \*½ tsp chilli powder
  - \*2 tbsp oil
- For the mayo:**
- \*1/3 cup mayonnaise
  - \*1/3 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.scrub the kumara, carrots and fennel until very clean**
- 3.cut the capsicum in half lengthwise, remove the seeds and cut into 1 cm wide slices**
- 4.chop the kumara, carrot and fennel into even size small cubes**
- 5.open the can of chickpeas, tip them into a colander over the sink and rinse**
- 6.peel the onion and cut into quarters**
- 7.place all the ingredients into a large bowl and mix**
- 8.spread the mixture in one layer on a baking tray. Use two trays if necessary**
- 9.place tray in the oven and roast vegetables till tender and browned**
- 10.for the mayo, peel the garlic and chopped finely**
- 11.chop the herbs as finely as possible**
- 12. measure the mayo and sour cream into a mixing bowl, add the herbs, garlic and seasoning and mix**

**Notes:** Carrot and kumara are hard vegetables to cut, so smaller children will need the help of adults. These vegetables can also be softened in the microwave to make cutting easier for small hands.

**Skills:** *measuring, chopping, peeling*