

Roasted Vegetables

Workstation : 3

Equipment

Chopping boards
Non slip mats
Knives
Measuring spoons
Bowl
Baking trays
Baking paper
Glad wrap

Ingredients

6 medium potatoes
1/3 of a pumpkin
5 carrot
4 tbsp of olive oil
4 grinds of salt
4 grinds of pepper
1/4 cup of rosemary

Method

1. **Set** oven to 220°C
2. **Wash** all vegetables
3. **Cut** all of the vegetables into pieces approximately 2 cm wide and 6 cm long
4. **Place** in bowl and **cover** with glad wrap
5. **Place** bowl in microwave for ten minutes on high
6. Carefully **remove** bowl from microwave (bowl will be hot)
7. **Drain** any water from bowl
8. **Add** olive oil, salt, pepper and rosemary into bowl with vegetables
9. Carefully **coat** all vegetables
10. **Spread** in a single layer onto baking tray covered with baking paper
11. **Place** in oven
12. Vegetables are ready when they are soft on the inside and crispy on the outside