

VEGETABLES

Roast beetroot

Place baby beetroots in a pot, cover with water, bring to the boil and simmer for 20 minutes or until tender. Drain and allow to cool, then slice in half. Preheat the oven to 180°C and line a roasting pan with baking paper. In a bowl, mix balsamic vinegar and honey, add beetroot halves and toss to coat well. Place in the prepared roasting pan and roast for 15 to 20 minutes or until caramelised

500 g baby beetroots, scrubbed clean
50 ml balsamic vinegar
50 ml honey

Roast potato

Place potato quarters in a pot and cover with water; bring to the boil and simmer for 10 minutes. In the meantime, heat oil in a pan to 200°C and preheat the oven to 180°C. Drain potato, transfer to a roasting pan and pour hot oil over. Roast for 2 hours, turning them every 30 minutes. Add thyme and garlic cloves for the final 30 minutes of cooking time.

6 large roasting potatoes, peeled and quartered
500 ml canola oil
6 thyme sprigs
4 garlic cloves

Garlic, fennel and chilli broccolini

Prepare an ice bath. Bring salted water to the boil and blanch broccolini for 2 minutes. Remove and immediately place it in the ice bath, then drain. In a medium-hot pan, add oil, garlic, fennel seeds and chilli flakes. Add blanched broccolini and stir-fry until cooked through.

500 g broccolini (also known as Tenderstem broccoli)
25 ml olive oil
3 garlic cloves, chopped
2,5 ml fennel seeds, toasted
2,5 ml chilli flakes

Roast cinnamon butternut

Preheat the oven to 180°C and line a roasting pan with baking paper. Halve the butternut lengthways, remove the seeds and cut into 6 equal-sized pieces. In a large bowl, mix melted butter, cinnamon and sugar. Add butternut to the bowl and toss to coat well. Place in the prepared oven pan and roast for 40 minutes, turning the pieces halfway through, or until tender. Season to taste.

1 large butternut, peeled
45 ml melted butter
5 ml ground cinnamon
15 ml muscovado sugar (or brown sugar)
salt and pepper

Serves 4-6

