

MasterFoodsTM

PROFESSIONAL

Roasted Autumn Vegetables
RECIPE

Roasted Autumn Vegetables



<?xml version="1.0"?>

TIME

15 Mins

INGREDIENTS

10 items

MAKES

8 servings

A hearty recipe with lots of veggies which can be swapped out depending what's in season – the Italian dressing is easily paired with lots of veggies like sweet potatoes, parsnips, broccoli and cauliflower.

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INGREDIENTS

- ½ butternut squash, cut into 4 cm chunks
- Assorted baby capsicums – small keep whole, larger ones cut in half
- 2 red onions cut into wedges
- 6 Dutch carrots, washed and trimmed – bigger carrots halved, small ones keep whole
- 2 tbsp. olive oil
- 4 bocconcini cheese balls, drained
- 4 to 6 tbsp. MasterFoods™ Professional Italian Dressing
- 4 tbsp. toasted pepitas
- Handful of fresh basil leaves
- Salt and pepper, to taste

PRODUCTS USED



MasterFoods Professional Gluten Free Italian Salad Dressing 3L

[SEE DETAILS](#)

Cooking Instructions:

1. 1
Preheat oven 180°C.
2. 2
In a large baking tray, coat all vegetables and season.
3. 3
Roast for 30-40 minutes or until vegetables are charred and tender.
4. 4
Remove from the oven and while still warm, drizzle over the Italian dressing.
5. 5
To serve, build the seasoned vegetables up on a platter, tear the bocconcini into large pieces and scatter on the vegetables, sprinkle with pepitas and garnish with fresh basil.

Tips:

1. 1

These can also be made in individual tarts. Once cooled, place a cut-to-size sheet of puff pastry over the vegetables and cut a hole for steam venting, brush over an egg wash and bake for 15-20 minutes or until golden brown. Leave to cool slightly in the pan, then turn out with the pastry on the base for an autumn vegetable tarte tatin.

2. 2

This recipe is also great with MasterFoods™ Professional French Dressing.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



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Cooking time

10 min

Ingredients

11 items

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New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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