

Roasted Autumn Vegetables
RECIPE

Roasted Autumn Vegetables



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.

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® Italian Dressing
- 4 tbsp. toasted pepitas
- Handful of fresh basil leaves
- Salt and pepper, to taste

Cooking Instructions:

1. Preheat oven 180°C.
2. In a large baking tray, coat all vegetables and season.
3. Roast for 30-40 minutes or until vegetables are charred and tender.
4. Remove from the oven and while still warm, drizzle over the Italian dressing.
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. 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. This recipe is also great with MasterFoods® French Dressing.

Source URL: <https://www.masterfoodsprofessional.com.au/recipes/roasted-autumn-vegetables>