

Roasted parsnips and sweet potatoes with a zingy vinaigrette



Bialik College Kitchen Garden Program

Ingredients:

- 4 parsnips, peeled & cut into two or three segments
- 2 red onions, peeled & cut into wedges
- 90mL olive oil
- 4 sprigs of thyme
- 2 sprigs of rosemary
- 3 or 4 cloves of garlic, peeled
- Salt and pepper
- 2 sweet potatoes, peeled & cut into wedges
- 1 punnet of cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon pumpkin or sunflower seeds, toasted

Equipment:

- Metric measuring spoons and jugs
- Chopping board
- Cook's knife
- Vegetable peeler
- Mixing bowls
- Wooden spoon
- Whisk
- Roasting tray
- Baking paper
- Oven mitts
- Serving platter

Method:

1. Preheat oven to 180C.
2. Prepare vegetables as stated above in the ingredients list.
3. Place the parsnips and onions in a large mixing bowl and add 60mL of olive oil, thyme, rosemary, garlic cloves, a teaspoon of salt and some freshly ground pepper.
4. Mix and spread out on a large roasting tray lined with baking paper. Roast for 35 minutes.
5. While the parsnips and onions are roasting, prepare the sweet potatoes.
6. After 35 minutes, add the sweet potatoes to the tray with the parsnips and onions, stir and return to the oven for another 30 minutes.
7. Once all the vegetables are cooked through and golden brown, stir in the halved tomatoes and return to the oven for another 10 minutes.
8. While the tomatoes are roasting, prepare the vinaigrette by whisking together the lemon juice, mustard, 30mL olive oil and half a teaspoon salt.
9. Pour the vinaigrette over the roasting vegetables the moment they come out of the oven. Stir, taste and adjust seasoning as necessary.
10. Gently transfer roasted vegetables to a serving platter. Garnish with toasted seeds and freshly chopped herbs from the garden.