

Roasted Vegetables



Ingredients

- 400g / 14oz small potatoes, *skin on (10 or so)*
- 2 carrots, *medium/large, peeled*
- 1 large parsnip (*250g/8oz*), *peeled*
- 1 red onion, *large, peeled (200g / 7oz)*
- 5 garlic cloves, *smashed (Note 1)*
- 5 thyme sprigs
- 3 sage sprigs
- 4 tbsp extra virgin olive oil
- 1 tsp cooking/kosher salt
- ¼ tsp black pepper

Toss red onion with olive oil, salt and pepper in a separate bowl to the other vegetables, then set aside. We will add these onto the tray 30 minutes into the roasting time;

Remaining vegetables – Place the remaining vegetables in a separate bowl with the smashed garlic, thyme sprigs and hand torn sage (just tear the leaves off with hands, break sprigs in half). Toss it all with the oil, salt and pepper.

You will be surprised how much herb and garlic flavor is imparted to the roast vegetables using whole herbs/garlic instead of minced which you might be used to. As noted above, this works better because minced garlic/herbs just burn. Nobody wants bitter little bits of garlic littered throughout their sweet roasted vegetables ... but everyone wants this” being sweet caramelized roasted garlic!

Oven 30 minutes – Spread the vegetables on a large roasting tray and roast for 30 minutes at 200°C/390°F (180°C fan). If you want to reduce clean up, line the tray with paper. But it’s not essential because we are using sufficient oil so the vegetables will not stick.

Add red onion – After 30 minutes, add red onion then give everything a quick toss.

Roast 60 minutes – Roast for a further 60 minutes, tossing halfway.

1 ½ hours total roasting time might sound like a long time for roasted vegetables. But the longer roasting time at a slightly lower temperature than the hot ovens some recipes call for means the vegetables have time to sweeten which makes them all the more delicious!

Sprinkle with parsley if desired, then serve immediately!

Instructions

CUTTING VEGETABLES:

Potatoes – Cut in half. (For large, cut into 3 or 4)

Carrots – Cut into 3cm / 1.2" triangles on the diagonal (see diagram in post).

Parsnip – Cut into 4cm / 1.5" lengths. Then cut into batons / chunks so they are roughly equal size (see diagram in post).

Red onion – Cut in half, then cut each half into 4 wedges. Then cut into 3 or 4 so you get 2cm/ 0.8" squares.

Smashed garlic – Place side of knife on unpeeled garlic clove. Hit firmly with palm of hand so the garlic bursts open a bit but mostly stays in tact.

ROASTING:

Preheat oven to 200°C / 390°F (180°C fan).

Onion – Toss onion in one bowl with 1 tablespoon oil, and a pinch of the salt and pepper. Set aside – we add these later.

Other vegetables – Put all other vegetables, thyme and garlic in a separate bowl. Tear sage leaves and stems with hands, add into bowl. Toss with remaining oil, salt and pepper. Spread on a large baking tray.

Roasting – Roast 30 minutes. Add onion, toss vegetables. Roast for a further 1 hour, tossing halfway, until cooked through with golden edges.

Garnish & serve – Sprinkle with parsley and serve immediately!

Recipe Notes:

1. Smashed Garlic – This method of smashing opening garlic releases garlic flavour into the vegetables as they roast but keeps the garlic whole so a) it won't burn like minced garlic does; and b) you get to squeeze out the slow roasted garlic and eat it – it's so good!!

2. Herbs – I've used Sage and thyme here which are two herbs that do well to impart subtle flavour when roasted. Being a hardier herb, rosemary would also work well here.

More delicate herbs like oregano, chives, marjoram, basil can't withstand oven cooking. Instead, sprinkle over the vegetables once roasted.

Dried herbs option – Dried herbs will work just fine too, but they won't add flavour in the same way fresh herbs do. To use dried herbs, just add when tossing with salt and pepper.

3. Other vegetables – Of course, other vegetables work! But I do recommend roasting starchy / root / hard veg (potatoes, carrot, parsnip) separately from high moisture / soft vegetables (eggplant, zucchini, capsicum / bell peppers) because they call for different roasting times. Also, nobody wants juice accidentally bursting out from eggplant making their potatoes wet!

Add hard veg at the beginning, softer veg later. Here are some guides.

Soft Veg – Roasting time required at temp in recipe (don't crowd the pan else they just sweat instead of browning)

Capsicum / bell peppers – 2.5cm / 1" squares, 20 minutes

Mushrooms (large) – halved, 40 minutes
Pumpkin, squash – 4cm / 1.5" cubes, 30 minutes
Zucchini – 4cm / 1.5" chunks, 25 minutes
Eggplant – See [this recipe](#) for best method
Jerusalem artichokes – halved, 40 minutes
Fennel – 2cm / 1" slices, 45 minutes