

**Name of Recipe: Pear and Pumpkin Wedges Roasted in Rosemary & Honey**

**Volunteer Notes:** Discuss the time for roasting the vegetables in relation to the size of them.

**Get these on as quickly as you can, allow 30 mins for roasting.**

**Oven to be on 220 o. c.**

**Leave out onions is any allergies.**

**From our garden: Pears, Pumpkin, Rosemary**

What to collect	What to do
<b>2 x Baking trays, lined with baking paper</b> <b>1 kg Pumpkin, wash skin &amp; leave on, cut into 3cm wedges</b> <b>2 x Onions, peel off skin, cut into ½ and then thin wedges</b>  <b>3-4 x Pears, wash skin, cut into ½ and then wedges</b>  <b>4 x tblsp XV Olive oil</b> <b>4 x tblsp Honey</b> <b>Salt flakes/ground pepper</b>  <b>Rosemary-lots-strip off stalk, wash/chop</b>  <b>10 x bay leaves,</b>	<b>Prepare pumpkin toss in olive oil and salt &amp; pepper.</b> <b>If using onions-Do the same for the onions, adding to pumpkin. Put into a baking tray.</b>  <b>Do the same for the pears- toss in olive oil, grind over pepper and Put into another baking tray.</b>  <b>Drizzle 2 tblsp honey over each tray of vegetables, tuck in bay-leaves &amp; scatter lots of rosemary in.</b> <b>Cover tray in foil. Roast for 15 mins, then uncover for the last 10 mins.</b>  <b>Divide pumpkin, onion &amp; pear gently onto serving plates, pour any sauce over-serve with a spoon.</b>
<b>Serving plates and spoons</b>	