

Name of Recipe: Roasted Pumpkin & Onion Wedges, Herbs & Balsamic Vinegar

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.

What to collect	What to do
<p>Pumpkin, wash skin, cut into 3cm dice 3 x Onions, peel off skin, cut into wedges. 80 ml Olive oil Salt flakes/ground pepper Rosemary, oregano, bay leaves, thyme 3 tblsp Balsamic vinegar</p> <p>2 Baking trays, line with baking paper for ease of cleaning</p>	<ul style="list-style-type: none"><li>• Cut the pumpkin toss in olive oil and seasoning (salt and pepper)</li><li>• Cut the peeled onions into wedges, add to the bowl.</li><li>• Add balsamic vinegar &amp; herbs to the bowl and mix well.</li><li>• Put the mixed vegetables onto 2 oven-tray in 1 layer. Cover tray in foil. Roast for 15 mins, then uncover for the last 10-15 mins.</li><li>• Pick/wash extra herbs to garnish the dish.</li></ul>
3 x serving plates and spoons	