

Roasted Root Vegetables



Roasted Root Vegetable Mix

1kg Sweet Potatos, Cut into wedges
400g Fennel, Cut into wedges
400g Carrot, Cut into wedges
300g Leeks, Cut into wedges
400g Beets, Cut into wedges
20g Vegeta
50ml Sunflower Oil

Method: Cut pieces evenly and add to a hotel pan. Toss with oil and vegeta and cover with a pan lid or foil. Roast at 170c for appx. 30 minutes. Remove foil and continue to roast until vegetables are cooked through but still slightly firm and crispy edges develop. Cool and store.

Hummus

400g Chickpeas
10g Vegeta
5g Sugar
10g Fresh Garlic
180ml Sunkretno Oil
90ml Olive Oil
5ml Sesame Oil
40ml Lemon Juice

Beet Gel

1L Beet Juice
800mL Apple Vinegar
100g Sugar
30g Salt
10g Agar Agar

Method: Add all ingredients to a tall graduated cylinder and blend slowly with an immersion blender until smooth.