

Roasted Vegetables

200°C

OVEN, FAN-FORCED

1 tsp

OIL PER 100 G

4

TIMING GROUPS

TOSS IN A BOWL → TRAY → ROAST → CHECK DONENESS

Method: cut to the size below, toss with oil and seasoning in a bowl, spread on the tray without overcrowding, roast turning halfway, then check the doneness cue.

GROUP 1 · QUICK ROAST			12–15 MIN
VEGETABLE	CUT SIZE	DONENESS CUE	
Zucchini	Oblique, ~2cm	Tender, lightly golden; burns fast	
Cherry tomatoes	Whole	Skins blistered, collapsing	

GROUP 3 · STANDARD ROAST			20–25 MIN
VEGETABLE	CUT SIZE	DONENESS CUE	
Cauliflower	Small florets	Tender, golden edges	
Sweet potato	Large dice, 2–3cm	Fork-tender, caramelised	
Parsnip	Oblique, ~2cm	Fork-tender, caramelised	
Brussels sprouts	Halved	Tender, crisp outer leaves	

GROUP 2 · MEDIUM ROAST			15–20 MIN
VEGETABLE	CUT SIZE	DONENESS CUE	
Broccoli	Small florets	Tender-crisp, charred tips	
Capsicum	Strips/chunks	Softened, blistered skin	
Red onion	Wedges	Softened, browned edges	
Onion (brown/white)	Wedges	Softened, browned edges	
Mushroom	Whole/halved	Browned, slightly shrivelled	
Leek	Thick rounds	Tender, lightly charred	

GROUP 4 · LONG ROAST			25–35 MIN
VEGETABLE	CUT SIZE	DONENESS CUE	
Carrot	Oblique, ~2cm	Fork-tender, caramelised	
Pumpkin	Large dice, 2–3cm	Soft centre, golden edges	
Potato	Large dice, 2–3cm	Crisp outside, soft inside	
Swede	Large dice, 2–3cm	Fork-tender, caramelised	
Sunchoke	Oblique, ~2cm	Tender centre, crisp edges	

FLAVOUR OPTIONS

HERBS

Rosemary, thyme, oregano, sage

SPICES

Smoked paprika, cumin, chilli flakes, garlic powder, za'atar

VINEGAR

AFTER ROASTING

Balsamic, red wine, apple cider

SWEET FINISH

AFTER ROASTING

Honey, maple syrup

OTHER

Lemon zest/juice, crumbled feta, toasted nuts or seeds

Add when tossing, or drizzle on after roasting

Tip: same-group veg can share a tray. Mixing groups? Add the longer-roasting veg first and the quicker ones partway through.