



The Gathered Green

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Maple Roasted Pumpkin and Beetroot

A big thank you to theroastedroot.net for the inspiration towards this recipe, and theroastedroot.net for the picture.

Serves 4 to 6

Ingredients

- 1 medium sized pumpkin (butternut preferably)
- 2 medium fresh beetroots
- 2 tablespoons of olive oil
- 1 ½ teaspoon rock salt
- 1 teaspoon crushed fresh garlic
- 1 tablespoon pure maple syrup
- Small bunch of thyme
- Toasted walnuts
- Toasted Pistachios





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Method

1. Pre-heat oven to 200 degrees Celsius.
2. Peel and chop the pumpkin into 2cm cubes.
3. Peel and chop beetroot into 1cm cubes (beets take slightly longer to cook than pumpkin).
4. Mix oil, crushed garlic, maple syrup and chopped thyme in medium bowl.
5. Add vegetables to bowl and toss well using your hands to ensure veggies are evenly coated.
6. Lay vegetables out onto a baking tray lined with baking paper.
7. Roast vegetables in oven for 40 to 50 minutes or until cooked through. Stir vegetables once half way through roasting.
8. Remove from oven and sprinkle with rock salt and roasted walnuts/pistachios.

This dish is a perfect addition to a Roast Chicken (eg Orange Glazed Chicken) or can be enjoyed on its own.

Enjoy!

Jane

