WEDNESDAY SIDE

Veg and side

Roasted Rainbow Veg Tray

Sweet, caramelised roasted veg in rainbow colours.

PREP TIME	COOK TIME	SERVES
25 minutes	30 minutes	100 (about 80 g)

Suitable for: Vegetarian, Gluten-free, Dairy-free

Ingredients and shop codes

6 kg Carrots, cut in batons
810548 Fresh Carrots (1x1kg)

5 kg Courgettes, cut in half-moons
810556 Fresh Courgettes (1x1kg)

3 kg Red peppers, deseeded and cut in chunks
810584 Fresh Red Peppers (1x1kg)

200 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

10 g Dried oregano
203650 Country Range Dried Oregano (4x150g)

Method

1. Toss everything in the oil and oregano and spread on baking trays, one layer deep (overcrowding steams the veg).
2. Roast at 200°C (fan 180°C) for 25 to 30 minutes, turning once, until soft and lightly caramelised.
3. Serve immediately or hold at 63°C or above for up to 30 minutes.

Chef's tips

- Cut smaller for little ones. Roasted vegetables are sweeter than boiled, so try this before steamed for fussy eaters. Any leftover veg blends into Thursday's soup base or Friday's tomato sauce.

Scaling

For 30 portions: multiply by 0.3

Nutrition note

about 1 portion of vegetables per serving.

Allergens

Contains: none of the 14 major allergens as written. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.