

## **Roasties**

### *Ingredients:*

1 ½ kilos of vegetables of your choice (eg Potatoes, Kumara, Pumpkin, Carrots, Parsnips, Onions)

Salt and Pepper

Oil

### *Method:*

1. Wash vegetables and peel any with thick skin
2. Prick vegetables (to stop them bursting in the microwave)
3. Pre cook in microwave 15/20 minutes, until just tender, you can test this by using a small knife and if it goes into the vegetable easily it is almost cooked
4. Cut and chop into cubes about the same size
5. In a large bowl toss with salt, pepper and about ¼ cup of oil
6. Heat extra oil 1 Tablespoon in frypan and add vegetables and stir regularly to stop sticking, cook through, put into a serving dish and put in oven if needed to keep warm
7. Mix spice paste in just before serving