





Sage-Roasted Root Veg with Charred Broccoli, Crispy Kale...

 30-40min  2 Portions

For a healthy vegetarian meal packed full of flavour, look no further. This medley of vegetables features low GI sweet potato, folate-rich broccoli and superfood kale roasted together in sage oil until golden and tender, then drizzled with a delicious roasted garlic and balsamic dressing.

What we send

- 15
- 7

What you'll require

- balsamic vinegar ¹⁷
- butter ⁷
- Oil
- sea salt and pepper

Utensils

- 1.5L (6 cup) baking dish
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If less heat is preferred, add the chilli flakes to taste. The remaining chilli flakes won't be used in this dish.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 645kcal, Fat 43.9g, Carbs 36.6g, Proteins 18.7g



1. Prepare sage oil

Preheat the oven to 220C. Melt **25g butter** in a small bowl, then combine with **2 tsp olive oil**. Finely chop the **sage leaves**, discarding the stems. Stir the sage into the butter mixture and season with **salt and pepper**.



2. Start roasting vegetables

Trim and peel the **sweet potato**, cut into 1cm-thick slices, then put in a 1.5L (6 cup) baking dish in a fan formation. Drizzle with the **sage oil**. Peel and cut the **onion** into wedges and put on top of the sweet potato. Start roasting the vegetables in the oven for 20 mins.



3. Add broccoli

Meanwhile, trim and cut the **broccoli** into small florets. Put the broccoli, **unpeeled garlic** and **2 tsp olive oil** in a bowl and toss to combine. After the sweet potato has been cooking for 20 mins, add the broccoli mixture to the baking dish and roast for a further 5 mins. Reserve the bowl.



4. Add kale

While the broccoli is roasting, remove the **kale leaves**, discarding stalks, then roughly tear leaves. Put the kale and **2 tsp olive oil** in the reserved bowl, season with **salt and pepper** and toss to combine. Add to the baking dish and roast for a further 5 mins or until the vegetables are tender and the kale is crispy in parts. Remove the dish from the oven.



5. Toast almonds

Meanwhile, put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat.



6. Make garlic dressing

Squeeze the **roasted garlic** from the skin and crush with the side of a knife. Combine **¼ tsp chilli flakes** (see cooking tip), **1 tbs balsamic vinegar** and **1 tbs olive oil** in a bowl. Add the roasted garlic and whisk to combine. Divide the **roasted vegetables** among plates and crumble over the **feta**. Drizzle with the **dressing** and scatter over the **almonds** to serve.