FOOD & COOKING
WITH CHEF ROSS

Roast Vegetables with nuts



Preparation: 15 minutes | Roasting: About 60 minutes | Serves: 2–3 people

What you need

Ingredients



- 2 potatoes
- 2 carrots
- 1 onion
- 1 small sweet potato
- 4 garlic cloves, skin left on
- 1 tablespoon extra virgin olive oil
- 1 teaspoon dried oregano
- Salt & pepper to taste

Optional flavours and toppings

- Pine nuts, pumpkin seeds or slivered almonds
- Chilli flakes, paprika, turmeric or curry powder

Equipment



- Fan-forced oven and oven mitts
- Large roasting tray
- Knife and chopping board
- Large mixing bowl
- Spoon or spatula

Let’s make it



1. Prepare the vegetables

Heat oven to 200°C fan-forced.
Wash and dry vegetables.
Cut potatoes, carrots and sweet potato into similar-sized pieces.
Cut onion into large pieces.
Leave garlic in its skin.

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2. Coat and spread

Put vegetables and garlic in a large bowl.

Add olive oil, oregano, salt and pepper.

Mix until lightly coated.

Spread in a single layer on the roasting tray with space between pieces.



3. Roast and turn

Roast for 25 minutes.

Use oven mitts to remove the tray.

Turn vegetables.

Roast for another 25 minutes.



4. Add nuts or seeds, if using

If using nuts or seeds, sprinkle them over the vegetables.

Roast for up to another 10 minutes, checking often to prevent burning.

Without nuts or seeds, check at 50 minutes and roast for up to 10 minutes more only if needed.



5. Check and serve

Check vegetables are soft inside and golden outside.

Total cooking is about 60 minutes, but check earlier for small pieces.

Serve hot.

Serving and storage

- Serve as a side or with your preferred protein.
- Optional alternative vegetables include pumpkin, parsnips or Brussels sprouts.
- For crispier potatoes, boil them briefly first, drain well and let moisture evaporate before roasting.
- Refrigerate within 2 hours in shallow containers.
- Store at 5°C or colder and use within 3 days.
- Freeze up to 3 months for best quality.
- Reheat until steaming hot.
- Base recipe vegan/vegetarian and naturally gluten-free with suitable ingredients.
- Optional nuts are allergens.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.