



Roasted Root Vegetables (Serves 4)

Prep Time: 10 minutes

Cook Time: 20 minutes

Total: 30 minutes

Temp: 400°F

Ingredients:

2 carrots, peeled, halved & cut into chunks

2 parsnips, peeled, halved & cut into chunks

½ butternut squash, de-seeded, peeled & cut into chunks

4 celery stalks, peeled and cut into chunks

1 teaspoon ground cumin seeds

1 teaspoon ground coriander

1 tablespoon vegetable oil

1 teaspoon granulated garlic

Salt and pepper to taste

Directions:

1. Press “Pre-Heat”, set temperature at 400°F and set cooking time at 20 minutes. Press “Start”.
2. Place all vegetables into bowl and drizzle with vegetable oil.
3. Add cumin seeds, coriander, garlic, salt and pepper to bowl and stir well to combine.
4. Once ready, place vegetables in Fry Pan Basket, and cook, pausing halfway through to shake.