

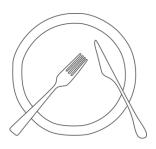


## ROASTED FALL VEGETABLES

## **INGREDIENTS:**

500 g manioc 400 g Hokkaido pumpkin 300 g Brussels sprouts 200 g button mushrooms 1 red onion 1 tbsp olive oil 1 tbsp **sesame oil** Salt Pepper

ALLERGENES HIGHLIGHTED IN BOLD



## PREPARATION:

For the roasted vegetables, peel and slice manioc. Cut Hokkaido pumpkin into bite-sized pieces. Clean Brussels sprouts and button mushrooms, then halve them. Peel and cut red onion into wedges.

Transfer onions to a baking sheet and drizzle with olive oil and sesame oil. Season with salt and pepper, and stir to combine. Set aside the baking sheet for now.

Add the baking sheet with vegtables to the oven. Bake at  $180^{\circ}\text{C}/355^{\circ}\text{F}$  for approx. 30 min.