

Pesto and Roasted Vegetable Tray Bake



Preparation time: 100 mins

Serves: 4 people

User Rating: ★★★★★

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Ingredients

FOR THE VEGETABLES:

400g pumpkin
400g potato (about 2 medium)
1 bunch of Dutch baby carrots (generally around 200g)
1-2 medium zucchini
100g cherry tomatoes
50g butter
Handful of greens of choice
1 tablespoon honey (optional)
Generous sea salt and pepper

FOR THE PESTO:

1 cup (100g) pine nuts, toasted if desired
1 bunch of basil, stems included
75g parmesan, freshly grated
Juice of 1 lemon

1/2-3/4 cup olive oil (depending on how runny you like your pesto)

Generous seasoning, to taste

FOR THE BEETROOT PICKLED EGGS:

4-6 700g eggs

1 large fresh beetroot (about 150g)

1 cup apple cider vinegar

1/2 cup brown sugar

1 1/2 cups water

FOR THE FRIED EGGS:

4-6 eggs

Sea salt and pepper for seasoning

Knob of butter/olive oil to fry

Method

FOR THE BEETROOT PICKLED EGGS

1. Hard boil the eggs in their shells, and set aside to cool.
2. Grate the beetroot into a small saucepan (skin and all) and add the remaining ingredients for the pickle. Place the saucepan over a medium high heat, and allow to cook until the mixture is bubbling and has a vibrant pink colour.
3. Sterilize a jar to hold the eggs by washing it thoroughly in hot soapy water, and then placing it in a 110 degree oven for 10-15 minutes. Ensure there are no plastic components and no cracks in the glass. If you've never sterilized glasses before, make sure you Google best practice first.
4. While the jar is sterilizing, peel the cooled eggs and place them into the beetroot liquid to begin pickling. I don't strain or discard the beetroot – it continues to add a deep colour to the eggs, and can be eaten afterwards – it tastes just like tinned beetroot.
5. Once the jar is thoroughly cool (if you place colder items in hot jars they will shatter, so don't risk it!) pour the eggs, pickling liquid and beetroot gently into the jar. If the top egg is not covered in liquid, add some water until it is just covered. Leave the eggs in the pickling liquid for as long as you like – at least overnight is ideal to develop some colour. The eggs in the photo have been pickled for 3 or so days, hence their beautiful strong colour.

FOR THE PESTO:

1. Combine all the ingredients for the pesto in your food processor until it is blended to your liking. Adjust the pesto for salt, lemon, and your desired consistency – add more olive oil for a runnier pesto.

FOR THE VEGETABLES:

1. Preheat the oven to 200 degrees Celsius.
2. Chop the pumpkin and potatoes into small-ish bite sized pieces, and place them on a lined baking tray with 25g of butter blobbed evenly around the tray. Generously sprinkle with sea salt, drizzle over 1/2 tablespoon of honey if you're using it, and once the oven is ready, place them in for 20 minutes.
3. While the potatoes have started cooking, chop and arrange the zucchini on a lined baking tray. Follow this with washed Dutch baby carrots, butter, sea salt and remaining honey, if you're using it. Place these into the oven, along with your potatoes and pumpkin, for an additional 20-40 minutes, depending on how brown you like your vegetables.
4. Once the vegetables are done, I like to turn the grill on, and finish them with the oven door slightly ajar. This allows the steam to escape, creating a crispier, crunchier finish. Once the veggies are done, remove them from the oven, and place the tomatoes underneath the grill for a couple of minutes. I like them very lightly cooked but starting to blister on top. Adjust the timing based on your preference.
5. To assemble, transfer all the vegetables onto the same tray or plate, and toss the handful of greens gently through the hot vegetables, allowing them to wilt slightly. Add generous blobs of pesto, additional seasoning (even an extra drizzle of honey) and your eggs of choice. If you are frying eggs, heat a non-stick frypan over a medium high heat, and add a knob of butter or oil olive. I like to season the cooking fat (with sea salt and pepper) so that both sides of the egg are crispy and salty. Cook each egg to your liking, slide onto the tray, and serve.

Notes

Gluten free, FODMAP friendly, low lactose, vegetarian

Nutritional Information

Serving size

558g

Energy

2840kj

679kcal

Protein

31.8g

Total fat

46.8g

Saturated fat

14.4g

Carbs (total)

28.9g

Carbs (sugar)

14.9g

Sodium

541mg

Fibre

6.9g

Vitamin D

10.4µg

All nutrition values are per serve.