

MIXED VEGETABLE TRAY BAKE WITH CASHEW CREAM



Time
45 min



Servings
4

Calcium Recommended Daily Intake
7,9%

Calories

285

Calcium

108mg

Protein

8g

Vitamin D

32 IU

Ingredients

- 8 halved brussels sprouts
- 8 stalks of broccolini (ends trimmed)
- 8 whole baby carrots (including tops)
- 1 whole zucchini (roughly chopped)
- 1 whole garlic
- 1 whole red onion (chopped into wedges)
- 3-4 tbsp of extra virgin olive oil

For the cashew cream:

- 1/2 cup of soaked, raw cashews
- 1/2 cup + 4 tbsp of plant milk of choice
- 1 tbsp of lemon juice
- 2 tbsp of baked garlic
- Salt and pepper to taste

Instructions

1. Preheat oven to 180C/160C fan forced.
2. Wash and thoroughly dry all vegetables with a tea towel.
3. Generously toss the vegetables in vegetable oil. Sprinkle with salt and pepper.
4. Place vegetables in a lined large roasting pan (reserving the zucchini to add later)
5. Cut 1cm of the head of the garlic to expose the individual cloves, place whole garlic on a small piece of foil and drizzle 1 tbsp of olive oil. Wrap with the foil, and place in baking tray.
6. Roast for 20 minutes. Add zucchini.
7. Remove garlic from pan. Carefully squeeze garlic from skins and place in a small bowl, reserving to toss over vegetables before serving and for cashew cream.
8. Roast for a further 15 to 20 minutes or until vegetables are golden and tender. Carrot greens should be crispy.
9. While baking, place all cashew cream ingredients in a blender, blitz until smooth and creamy (add more plant milk if required). Season further as desired.
10. Remove vegetables from oven, toss with garlic and season with salt and pepper as desired.



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