

Seedy Seasoned Vegetable Wedges

Ingredients:

1 basket of vegetables like sweet potatoes, potatoes, carrots, parsnips, swedes, cut into wedges

3 table spoons sunflower oil

Seedy seasoning

1 table spoon sesame seeds.

1 table spoon coriander seeds

1 table spoon fennel seeds

1 table spoon pepitas

1 tea spoon chilli flakes

2 tea spoons salt

What to do:

- 1) Preheat oven to 220c. Line 2 baking trays with baking paper.
- 2) Toss wedges in a bowl with sunflower oil.
- 3) Roast wedges for 40- 50mins.
- 4) Dry toast the seeds in a pan and add chilli flakes at the end.
- 5) Grind the seeds with a pestle and mortar and the salt.
- 6) Sprinkle seedy seasoning over wedges and serve.