

Roast Pork with Crispy Crackle & Autumn Baked Vegetables



This simple recipe is a great way to enjoy the natural sweetness of autumn vegetables. Roasting brings out their rich flavours and caramelises the edges for a touch of indulgence.

Recipe supplied by Family Chef.

Ingredients

- 1 sweet potato, peeled and cut into 1-inch cubes
- 2 bunches baby Dutch carrots, trimmed
- 6 shallots, peeled and halved
- 2 tbs olive oil
- 1/2 tsp dried thyme
- 1/4 tsp smoked paprika
- Salt and freshly ground black pepper

Method:

1. Autumn Roast Vegetables

2. Preheat oven to 200°C. Line a baking tray with baking paper.
3. In a large bowl, toss the sweet potato cubes, carrots and shallots with olive oil, thyme, paprika, salt and pepper.
4. Spread the vegetables in a single layer on the prepared baking tray.
5. Roast for 40-45 minutes, or until the sweet potato is tender and the carrots and shallots are golden brown and caramelised, stirring halfway through cooking.
6. Remove from oven and serve with your Family Chef Roast Pork and some gravy and enjoy!
7. Crispy Crackle
8. Pre-heat oven to 240°C or set oven to grill.
9. Remove crackle from roast pork.
10. Try and lay the crackle (golden side facing up) as flat as you can on a foil lined baking tray.
11. Crackle should turn puffy and crisp within 5 minutes (but you do need to watch the crackle as it can burn quite quickly).