



We've all opened the oven to a sad, steamed affair of veggies instead of deliciously golden ones. Here's how to roast them well every single time.

1. Get out the big guns. Using a big enough tray is essential – packing vegetables too tightly together or on top of each other will cause them to steam, not brown. Rather distribute loosely in one layer, with a bit of breathing space between veg, or divide them between two trays if necessary.
2. Get those (clean) hands dirty – toss vegetables in oil and seasoning, don't just drizzle or sprinkle on top. This ensures an even coating, meaning that heat will be more evenly distributed.
3. Turn up the heat! I recommend a high heat of about 200°C, roasting for about 30-40 minutes. (Scared it won't cook through before burning? Cover your tray with foil to cook vegetables through after they've browned well, just make sure they don't go soggy.) It also goes a long way to put the tray on a high oven rack. Just keep a close eye on it, though.
4. Fight the urge to poke, prod and flip it. In fact, set aside your utensils completely and simply shake a pan if needed. This is perhaps my favourite part of roasting veg – you don't have to do much to it.

Now that you're on your A-game, toss the roast veg with pasta and pesto or toast in a wrap with feta. It also works a charm with a grain salad of quinoa, barley or buckwheat.