



DUCK FAT ROASTED VEGETABLES

Difficulty: Easy

Serves: 4

Cooking: 30 mins



INGREDIENTS

200g duck fat, at room temperature

4 potatoes, washed and quartered

1 parsnip, chopped

1 red onion, thickly sliced

2 carrots, chopped

½ red capsicum, thickly sliced

½ yellow capsicum, thickly sliced

½ green capsicum, thickly sliced

1 bulb garlic, halved through the middle

Salt & pepper

1 sprig rosemary

1 sprig thyme

To serve

1 bunch chives, finely chopped

METHOD

1. Preheat your oven to 200°C.
2. Cut all of your vegetables and place them on a baking tray lined with baking paper. Season with salt, pepper, rosemary and thyme.
3. Bake in the oven for 15-20 minutes or until golden brown.

Recipe by Adrian Richardson and featured on Good Chef Bad Chef.