



DUCK FAT VEGGIE TRAY BAKE

Difficulty: Easy
Serves: 4
Prep: 10 mins
Cooking: 45 mins



INGREDIENTS

75g Luv-a-Duck Duck Fat
500g butternut pumpkin, peeled, deseeded and cut into 1 cm slices
1 bunch broccolini
200g baby beets
1 bunch Dutch carrots, washed
1 head garlic, sliced in half
1 red onion, cut into wedges
Salt and pepper, to taste
3 thyme sprigs

METHOD

1. Preheat the oven to 200°C. Spread the pumpkin, beets, Dutch carrots, garlic and red onion on a lined baking tray. Top with thyme sprigs, salt and pepper and then drizzle over duck fat.
2. Bake in the oven for 35 mins and then add the broccolini to the tray and cook for a further 10 mins.

Recipe by Shelley Judge