

Beetroot, apple and potato tray bake



You will need a baking tray or oven dish with sides at least 5cm
The preparation time is about ½ an hour with at least 1 hour in the oven.

Ingredients

2 beetroots (about 500g), 500g baking potatoes, 1 apple, 2 stalks of celery, 1 onion, 3 garlic cloves, 1 tbsp maple syrup, small bunch rosemary (optional) , balsamic vinegar, 2 cubes veg stock, 400ml water, olive oil.

Preparation

1. Preheat oven to 190°C.
2. Peel potatoes cut into slices about 1cm thick and par boil for 6 minutes in a saucepan.
3. Peel beetroot, if necessary and cut into slices 1cm thick.
4. Peel onion and cut into slices 1cm thick
5. Peel and chop garlic cloves.
6. In the baking trays layer potatoes, beetroot with onion and garlic.
7. Make the vegetable stock, pour into oven tray, followed by the olive oil, maple syrup. Season to taste. If using rosemary sprinkle over the top.
8. Put the baking tray in the oven. Cook for at least 1 hour until potatoes are done.

You can substitute the potatoes with pasta.

Serves 3-4