ROASTED VEGETBALES WITH GINGER AND COCONUT RAINBOW CHARD

**Ingredients**

• red onion

• 400g potatoes

• 1 sweet potato, peeled

• 600g Jerusalem artichokes, peeled

• 3 cloves of garlic grated or minced

• 3 tsp ginger grated

• 1/8 tsp cayenne pepper (very little)

• 1/3 cup olive oil

• 3/4 tsp salt

• 3/4 tsp pepper

Rainbow Chard

• 1 cup Rainbow chard torn into pieces and stalks cut into pieces (optional)

• 1.5 clove of garlic grated or minced

• 1.5 tsp ginger grated

• 3 tbsp olive oil for sautéing

• 3/4 cup unsweetened coconut milk

• ½ cup whole milk Greek Yogurt for serving.

**Method**

Roasted vegetables

1. Preheat oven to 200oC. Line a baking sheet with parchment paper.
2. Cut all the vegetables into 1-inch pieces, apart from the carrot.
3. Add all the ingredients to a bowl and toss until well coated.
4. Transfer to the baking sheet and spread the vegetables out, making sure to scrape the bowl of all the ginger and garlic.
5. Roast for 35-45 minutes or until the potatoes are beginning to brown on the edges and the red onion is charred (blackened slightly).

Rainbow chard

1. Just before the veg are done, heat the olive oil in a skillet over medium-high heat.

2. add the Rainbow chard stalks and cook for about 3-4 minutes.

3. Add the garlic and ginger and cook until fragrant, about 1-2 minutes.

4. Add the torn chard leaves and sauté, tossing frequently until the leaves are tender and wilted but still green, about 5 minutes.

5. Pour in the coconut milk, tossing the chard so it is evenly coated.

6. Remove from the heat.

7. Pour the Rainbow chard and all its juices in a serving dish. Top with the roasted sweet potatoes, charred onions, and additional herbs (parsley or coriander) season with salt and pepper.

8. To serve, add a dollop or two of Greek yogurt and a little cayenne pepper