Autumn Roast Vegetables
By Emily

Ingredients
- 1 apple
- 1 red onion
- A large handful of Brussel sprouts
- 1 medium sized potato
- ½ beetroot
- 1 large clove of garlic
- Pear juice
- Apple cider vinegar
- Olive oil
- Salt and pepper

Method
1. Wash the potato and apple, cut into cubes and place in a large bowl.
2. Peel the red onion, half it and cut into wedges. Place them in the bowl with the apple and potato.
3. Wash the sprouts, cut in half and add to the bowl as well.
4. Add one tablespoon of juice, one tablespoon of vinegar and half a tablespoon of oil to the bowl. Mix well so that everything is coated. Season with salt and pepper to taste and mix well.
5. Crush the garlic clove or chop it finely and mix well into the bowl.
6. Tip the contents of the bowl into a roasting tray and cook on medium-high for about 40 mins or until the potato is soft. If the vegetables start to burn before they are cooked through, cover with foil for the remainder of the time in the oven.
7. Serve with salad and a nice chunk of crusty bread. Enjoy!