

Herb Baked Zucchini and capsicum

Equipment:	Ingredients
Oven preheated to 190°C Baking dish Garlic press Pair of spoons or spatulas for tossing vegetables	1 batch prepared vegetables 1-3 small mushrooms, diced or sliced 1/2 capsicum, matchstick or diced 1 large or 2 small zucchini cut into 2-3cm cubes 1/4 bunch fresh parsley, torn by hand 1 clove garlic, mashed 1/2 teaspoon salt 3 tablespoons extra virgin olive oil



Method:

Remember to clean up your workstation as you go

1. Learn/review oven safety rules.
2. Put the prepared baking dish in the oven, and set the timer for 25 minutes.

You will now make a batch for the next class. You have 15 minutes. Keep going!

3. Process the other ingredients according to the ingredients list. Put them all together in the baking dish as you go.
4. Check through the ingredients list to ensure everything is in the baking dish.
5. Using the spoon or spatulas, mix thoroughly.
6. Place the vegetables into the baking dish.
7. While you wait for the 25 minute timer to go off, clean your workstation and set up for the next class.
8. When the timer goes off, place a folded towel onto your workbench for the hot baking dish.
9. **Safely** remove the baking dish from the oven.

**The dish will remain very hot for a few minutes.
BE CAREFUL!**

10. Serve with the spoon to serve.

