Mexicanadian Poutine with Roasted and Grilled Veggies and Avocados

Serves 4

Ingredients

Vegetable sticks

1 sweet potato, peeled, cut into sticks
1 turnip, peeled, cut into sticks
3 parsnips, peeled, cut into sticks
3 carrots, peeled, cut into sticks
Splash of canola oil
Salt and pepper, to taste

Sauce

1 cup (250 ml) ready-made poutine sauce
2 tbsp. (30 ml) tomato paste
2 tsp. (10 ml) Worcestershire sauce
1 tbsp. (15 ml) hot sauce (such as Valentina, Red Hot, etc.)
1 tsp. (5 ml) cumin seeds (optional)

Mexicanadian Poutine

Kernels from 2 grilled ears of corn
2 grilled peppers (homemade or store bought), diced
1½ cups (375 ml) cheese curds
2 avocados, peeled, pitted, and cubed
2 shallots, minced
2 tbsp. (30 ml) cilantro, roughly chopped

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Preparation

1. Heat oven to 180°C/375°F
2. Mix vegetable sticks in a bowl with the oil, salt and pepper. Place on a baking sheet lined with parchment paper and cook on centre rack for 20–25 minutes.
3. Add sauce ingredients to a pan and cook over medium/low heat for 10 minutes. Set aside.
4. When vegetables are done, put roasted vegetables, cheese curds, roasted peppers, grilled corn, and avocado cubes on a serving platter (or 4 individual plates). Top with shallots and cilantro.
5. Drizzle with sauce before serving.