

Roast Seasonal Vegetables



On the right season, in the oven and give me your goodness!

Minutes to Prepare: 20 Minutes to Cook: 30 Number of Servings: 6

Marinade:

2 tbsps. Olive Oil , Salt & pepper (to taste)

Mediterranean: 1 tbsp. dried herbs of your choice: thyme, rosemary , mixed herbs, oregano, basil,

North African: 1 teaspoon Ras-el-Hanout

Asian: 1 teaspoon five spice,

About 1kg mixture vegetables, in season, for example:

Spring/Summer	Autumn/Winter	Cabbage, Cauliflower, Brussel Sprouts.....
Any combination of these:	Any combination of these:	Brassica please!
1 Pepper 1 medium Onion quartered 6 cloves garlic whole 1 Courgette 1 aubergine 200g sweet potato 2 Carrots, 1 fennel bulb 100g cherry tomatoes 200g broccoli	1 Pepper 1 medium Onion quartered 6 cloves garlic whole 200g pumpkin 200g sweet potato 2 Carrots, 2 Parsnips 2 stick celery 200g celeriac 1 leek 1 beetroot	1 cabbage chopped in 2 cm wedges OR A cauliflower divided in florets
<u>...anything else....</u>	<u>...anything else....</u>	<u>To the main marinade add:</u> 1 tablespoon cumin seeds 1 teaspoon paprika

Method:

1. Pre heat the oven at 180 degree C
2. Chop all the vegetables in bite size (1 inch) pieces.
3. In a large bowl mix the oil and the mixed herbs, salt and pepper
4. Add the vegetables and massage the vegetables with the flavoured oil (by doing so you need less oil)
5. Spread the veg on a baking tray, and cook in the oven until tender and roasted. (About 25/30 minutes)

Variations: Your imagination and what vegetables you have in your fridge/cupboard/freezer

Nutrition will vary with your choice of vegetables. But the more colours the more vitamins and minerals you will add to your meal