

## SLT-ROASTED VEGETABLES



Roasted vegetables are a simple and versatile dish. Using a mixture of different vegetables will give a good balance of tastes and textures. Vegetables roast at different speeds so cut to the right size to make sure they all cook evenly. Soft vegetables cook faster so cut these up larger. Hard vegetables take longer to cook so chop up finer. Place them in a single layer in a roasting dish. Add some robust herbs such as thyme or rosemary with a few pinches of salt and pepper to taste. A few cloves of garlic, left whole in their skins, can be roasted with the vegetables to give them flavour. You can also use them to make a sweet roasted garlic paste to spread on toast or add to dressings. Pour on a glug of vegetable or olive oil and use your hands to make sure that the vegetables are completely coated. Root vegetables will cook in 40-50 minutes in a fairly hot oven – 180-200C Soft vegetables like peppers, onions and tomatoes roasted at higher temperatures will have lovely charred edges.

 15 hours

 1 hour

 1 portion

## INGREDIENTS

- 1/2 medium unit of onions, raw [75 g]
- 1/2 medium unit of pepper, capsicum, red, raw [80 g]
- 70 grams of courgette, raw
- 50 grams of tomatoes, cherry, raw
- 1 tablespoon of oil, olive [11 g]
- 2 grams of salt
- 1 level teaspoon of pepper, black [2 g]
- 1 unit of garlic, raw [10 g]
- 1 tbsp of vinegar, balsamic [16 g]

## COOKING METHOD

- 1° Heat the oven to 180-220C/200C Cut the courgette into 5mm/¼ in slices. Cut the peppers in 5mm/¼in strips. Peel and roughly chop the onion. Peel the garlic bulb and leave whole. Place all the vegetables in a roasting tin with the garlic and drizzle with oil. Season well with salt and pepper. Roast the vegetables for 20 minutes, then toss everything together and return to the oven for a further 10-15 minutes, or vegetables are soft. Remove from the oven and leave to cool. When cool, toss the vegetables with balsamic vinegar and serve.
- 2° Heat the oven to 180-220C/200C Cut the courgette into 5mm/¼ in slices. Cut the peppers in 5mm/¼in strips. Place all the vegetables in a roasting tin with the garlic and drizzle with oil. Season well with salt and pepper. Roast the vegetables for 20 minutes, then add the drained artichoke hearts. Toss everything together and return to the oven for a further 5-10 minutes, or until hot. Remove from the oven and leave to cool. When cool, toss the vegetables with balsamic vinegar and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (294 g)	% DRI
ENERGY	62 kcal	182 kcal	9 %
PROTEIN	1 g	4 g	8 %
CARBOHYDRATE	5 g	15 g	6 %
SUGARS	4 g	13 g	14 %
FAT	4 g	12 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
FIBER	1 g	4 g	16 %
SODIUM	271 mg	796 mg	33 %