



ROAST VEGETABLES

SERVES 2 **PREP ~ 10mins** **SUITABLE FOR:** Vegan, Gluten Free

Colourful and appetising dish of vegetables roasted with olive oil and whole garlic cloves - which smells as good as it looks. What better to eat your 5-a-day than roast vegetables which provide a whole host of nutrients and phytochemicals to keep you fit and healthy. To seal the deal, it could not be easier to make.



NUTRITION INFO

Health Score 5.2. High in Vit B6, Vit C, Fibre & Manganese

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
229.5	30g	17.2 (19.1%)	4.9g	7.9g	1.2g (5.8%)	11.1g (29.2%)

INGREDIENTS

Choose from chooped peppers
Shallots, tomatoes, broccoli,
cauliflower, asparagus, carrots
~ 6 garlic cloves

Roast vegetable seasoning or salt &
pepper, oregano, garlic

Drizzle of olive oil & optional balsamic
vinegar

METHOD

1. Pre-heat oven to 180°C
2. Peel the garlic cloves
3. Cut up the vegetables as required
4. Place all veg in large roasting tray
5. Drizzle the olive oil & balsamic (optional) over the vegetables
6. Add the seasoning & mix the vegetables around the tray
7. Oven cook for approx. ~20-25min

