

Roasted vegetables

Serves 4



Ingredients

- 2 big onions, cut into quarters lengthways
- 2 courgettes, washed and cut into 1 inch slices
- 1 aubergine, washed and cut into 1 inch slices
- 2 handfuls of mushrooms, washed and halved
- 2 handfuls of cherry tomatoes left whole
- 1 pepper, cut into large chunks
- 2 cloves of garlic, crushed
- 2 teaspoons of dried mixed herbs
- 1 tablespoon of sunflower oil
- Balsamic vinegar (optional)
- Sprinkle of pepper

Method

1. Preheat oven to 220°C/425°F/Gas mark 7.
2. In a large bowl mix together the oil, mixed herbs, garlic and pepper (Add balsamic vinegar if you are using it).
3. Add the vegetables to the oil mixture and mix well until coated.
4. Place the vegetables into a large roasting tray and bake in the oven for 30 minutes or until vegetables are golden and cooked.