

Roasted mixed vegetables

Ingredients

3 red/orange/yellow peppers	1 red chilli (optional)
2 red onions	1 sprig rosemary
2 courgettes	2 tbsp Olive oil
6 mushrooms (optional)	1 tsp salt
1 clove garlic	Fresh ground black pepper

Method

1. Preheat oven to 200C /gas 6
2. Line a roasting tin with foil.
3. Slice courgettes, chop up peppers into 4cm chunks, quarter the onions and chop mushrooms in half. Place all chopped veg into roasting tin.
4. Finely chop chilli and garlic clove and rosemary and add to the tin. Drizzle over the oil and salt and pepper and mix together thoroughly with your hands or a wooden spoon
5. Roast in the oven for 40 mins to an hour when the vegetables will be softened and the vegetables on top are well browned. Taste and add extra seasoning if required
6. Serve immediately, or set aside and serve at room temperature or reheated in a medium oven, or on a hotplate