

# Virgin Vegetarian

## Roast Vegetables



Roast vegetables are a godsend. You can add whichever ones you want depending on the season, and they are a great 'sling it in the oven and wait and see' meal where the main preparation is simply the peeling and cutting of the vegetables. You can even take the easier option of using frozen vegetables, but be careful on quantity sizes as it is easy to get carried away!

<b>Preparation time</b> around 20 mins	<b>Cooking time</b> around 35 mins	<b>Diet</b> Vegetarian
<b>Preheat oven</b> 230°C/450°F Gas mark 8	<b>Grease and line</b> A deep, 37cm x 28cm tin lined with baking paper	<b>Portions</b> Serves around 10

## Ingredients

2 large carrots, peeled and sliced  
 1 medium butternut squash, peeled, seeded and sliced  
 2 cloves of garlic, finely crushed  
 2 medium courgettes, sliced  
 2/3 red, yellow or orange peppers, chopped into slices  
 2 tbsp salt  
 Freshly ground black pepper  
 Vegetable oil

## Method

### Step 1

Preheat the oven. Place the oven rack in the centre of the oven.

### Step 2

Peel and cut up all the vegetables. Line the roasting pan with foil. Generously grease with oil.

### Step 3

Put the carrots and butternut squash into the roasting pan and mix with the 2tbsp vegetable oil and seasonings. Stir and coat evenly.

### Step 4

Bake in pre-heated oven for 10 minutes

### Step 5

Put the courgettes, garlic and peppers together in a bowl. Stir in 1 tbsp of oil and seasonings. Stir and coat evenly.

### Step 6

Remove the roasting tin from the oven. Stir the carrots and squash to ensure that they won't stick to the bottom of the pan. Place the rest of the vegetables evenly on top. Return them to the oven.

### Step 7

Bake in the oven for 20/25 minutes. Check if the carrots and squash are soft by piercing them with a fork. If still not ready, leave in the oven for another 5/10 minutes.

Enjoy!

### **Tips**

If you have any food left over you can purée the vegetables with some water and cream to make a delicious Creamy Roast Vegetable Soup. You can also use the vegetables to make a wonderful Vegetarian Pasta Bake.

You can change the choice of the vegetables and the quantities depending on the season and the amount of people you are cooking for. Remember you may have to add a little onto the cooking time. Be careful to put the more fragile vegetables in last, and the more solid vegetables (such as potatoes) in at the beginning.