

Roasted Mediterranean Veggies

My favourite way to eat my daily portions! Delicious!!

- 2 small aubergines, cut into 5cm cubes
- Slurp olive oil
- 4 courgettes, halved horizontally and thickly sliced
- 2 red peppers, deseeded and cut into 2cm cubes
- 1 onion, roughly sliced
- 2 tbsp balsamic vinegar
- 3 tbsp fresh basil leaves
- Freshly ground black pepper
- Pinch LoSalt



- Preheat the oven to 220°C/fan 200°C/gas 7.
- Scatter the aubergines in the base of a roasting tin. Drizzle over half the olive oil and season with freshly ground black pepper.
- Put the remaining vegetables in another roasting tin, then drizzle with the remaining oil and season with pepper and LoSalt
- Roast both tins in the oven for 30–35 min until the vegetables are just soft and tinged brown.
- Tip into a serving dish, drizzle with the vinegar, scatter the basil over the top and serve immediately.