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*by ewfood*

## Oven Roasted Veggies

## Ingredients

Choose any of the following

2oz. brussle sprouts, halved

2 oz. red peppers, sliced

1 parsnip, quartered lengthways

2 carrots, quartered lengthways

1 medium potato, sliced with skin left on

10 heads of asparagus

1 onion quartered

Pick any other veggies that might tickle your fancy

1 tsp. coarse sea salt

Olive oil for drizzling

## Preparation

- 1 Pre heat the oven to 180°C
- 2 Arrange the vegetables that you choose onto a baking sheet and sprinkle generously with olive oil. Bake for 30minutes, the veggies should be going brown but not burning
- 3 Remove from the oven and add the salt to taste
- 4 These veggies are also delicious cold. You can make some extra ones and pack them in a sealed container and whisk the off to work.

## Cooks Note

You can do this with any veggies, mix and match or choose just one but these make a perfect side to a nice grilled steak or chicken breast.

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