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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.