

Roasted Vegetables 焗雜菜

Marinade

5 tablespoons of Extra Virgin Olive Oil
2 teaspoon of thyme
2 teaspoon of salt
2 teaspoon of pepper

1 Zucchini - Cut into 1 inch cube
1 red pepper - Cut into 1 inch cube
1 yellow pepper - Cut into 1 inch cube
2 Carrots peeled - Cut into 1 inch cube
12 Cherry Tomatoes halved
10 cloves of garlic

1. Place all the ingredient in a bag that can be sealed
2. Add vegetables and toss
3. Heat oven to 375
4. Line baking sheet with foil and place vegetable on tray
5. Bake for 15 minutes. Serve

Tips: Cool the vegetables and make a Mediterranean Salad by adding 1/2cup of feta cheese and 1/2 cup of black nicoise olives toss and serve

調味料

橄欖油 5 湯匙
百里香 2 茶匙
鹽 2 茶匙
糊椒粉 2 茶匙

材料

意大利瓜 1 條(切粒約 1 吋)
紅椒 1 隻(切粒約 1 吋)
黃椒 1 隻(切粒約 1 吋)
紅蘿蔔 2 條(切粒約 1 吋)
車厘蕃茄 12 粒(切半)
蒜頭 10 粒

做法：

將所有材料拌勻,平放在焗盆內,放入 375 度焗爐內焗 15 分鐘,便可食用

小貼士

可改成地中海沙律,雜菜焗好後,待完全冷卻,加半杯希臘軟芝士、半杯黑橄欖便可