

# Italian roasted vegetables



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**Preparation** about 20 minutes

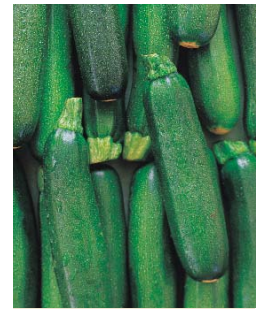
**Cooking** about 45 minutes

**Serves** 6 as a side dish

Team with lamb, chicken, beef or pan-fried haloumi cheese. The roasted vegetables can also be sprinkled with crumbled feta cheese to serve.

- 4 garlic cloves
- 1 red onion, cut into thick wedges
- 2 red capsicums, quartered lengthways, deseeded and thickly sliced
- 4 medium zucchini, trimmed and cut into 3cm pieces
- 2 baby fennel bulbs, trimmed and quartered lengthways
- 1/4 cup olive oil
- Sea salt and black pepper
- 250g mini Roma or cherry tomatoes
- 1/4 cup flat-leaf parsley leaves, roughly chopped

1. Preheat oven to 200°C. Place garlic on a board and slightly crush cloves.
2. Place garlic, onion, capsicums, zucchini and fennel into a large heavy-based roasting pan. Drizzle vegetables with oil and toss to coat. Season with salt and pepper to taste.
3. Bake vegetables, turning once, for 35 minutes. Toss through tomatoes. Roast for further 10 minutes or until vegetables are tender. Arrange vegetables on a serving platter and sprinkle with parsley. Serve hot or at room temperature.



### Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.