

Italian-style roast vegetables

Verdure Arrostita

Ingredients:

2-3 roasting potatoes, peeled
generous quantity olive oil

2 tbsp rosemary, chopped

3 garlic cloves, whole

2 spanish or/ red onions, peeled, cut into wedges

2 zucchini (courgette), cut into chunks

1 red pepper, seeded, cut into chunks

small eggplant, cut into chunks

salt and freshly ground pepper

For the Roast Vegetable Dip*:

1 tsp lemon zest, grated

1 tsp lemon juice

1 tsp extra-virgin olive oil

pinch sea salt

Method:

1. Place all the prepared vegetables and the garlic (leave the skin on) into a roasting pan, splash with generous amount of olive oil, scatter in the rosemary.

2. Season with salt and pepper, making sure you coat all the vegetables evenly.

3. Preheat oven to 200° C.

4. Place in preheated oven and cook 40-50 minutes, until golden, turning frequently.

5. Take them out of the oven a couple of times and shake the pan well.

6. Serve hot.

*Roast Vegetable Dip:

When cooled, add a teaspoon of grated lemon zest, a teaspoon of lemon juice, a teaspoon of extra-virgin olive oil and a pinch of sea salt. Place into a blender or food processor and blend for a delicious roast vegetable dip.

This dip is great as a topping for bruschetta.

The cooking of Italy leans heavily towards an extensive array of vegetable dishes, especially in the south. They are always used when in season so as to have the greatest taste and flavour. Sometimes certain vegetables are held in such high esteem that festivals are held in their honour!

