



BEETROOT, LEEK AND FENNEL ROAST VEGETABLES

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 50 mins

Serves: 6

INGREDIENTS



- 2 tbsp olive oil
- 1 large leek, chopped
- 1 large fennel bulb, chopped
- 2 medium sweet potatoes, diced 1cm
- 8-10 cloves garlic, whole, peeled
- 2 small carrots, sliced 1cm pieces
- 1 pack 4 x cooked beetroot, diced 1cm
- 1 tsp dried mixed herbs
- 1 tsp dried thyme
- 1 tbsp fresh rosemary leaves
- 1 scant tsp pink rock salt
- Freshly ground black pepper

METHOD

- Preheat oven to 200°C.
- Lightly grease the base of a baking dish, and add all vegetables EXCEPT beetroot.
- Drizzle with the oil, salt, herbs, thyme, rosemary leaves, salt and pepper and toss.
- Place dish into oven, cover with a baking tray (or alfoil) and bake 20 minutes.
- Remove the cover and bake a further 15 minutes.
- Add the diced beetroot, toss and bake a further 15 minutes until heated through.
- Enjoy as a main or side dish.