

ROASTED GREEN VEGETABLES WITH CHILLI & LIME



MINUTES TO PREPARE
5



MINUTES TO COOK
15



SERVES
4 as a side



INGREDIENTS

1 large courgette, cut into thick strips

250g asparagus, tails removed and discarded

100g purple sprouting broccoli

1 tablespoon rapeseed oil

2 sprigs rosemary, finely chopped

Handful of thyme, freshly chopped

1 large pinch of Maldon sea salt

A good grind of black pepper

1/2 a medium red chilli, deseeded and finely chopped

Juice of 1/2 a lime

LET'S GET COOKING

- 1 Preheat the oven to 200/400/gas 6.
- 2 Start by slicing the courgette into thick strips by cutting it in half lengthways. Then slice each half into three strips lengthways and cut each of the strips into 3, so that you end up with thick courgette batons.
- 3 Cut the asparagus into halves.
- 4 Place the courgette strips and asparagus halves into a roasting tray with whole purple sprouting broccoli. Drizzle over the oil and season well with salt and pepper. Stir through the finely chopped rosemary and thyme.
- 5 Bake in the oven for 15 minutes. Add the lime juice and finely chopped chilli. Taste to see if you need more salt.
- 6 Serve straight from the oven or cool and serve at room temperature.

"This is delicious as a side for the paprika beans, or a with a simple piece of chicken or salmon and boiled new potatoes. Feel free to leave out the chilli if you prefer things not so hot. The lime is a must"