

Italian-roasted vegetables



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Preparation 20 mins | Cooking 40 mins | Serves 6

These delicious no-fuss roasted vegetables team well with lamb, fish and chicken.

- 5 garlic cloves, peeled
- 1 red onion, cut into thick wedges
- 2 red capsicums, deseeded and cut lengthways into eighths
- 4 medium zucchini, trimmed and cut into 5cm lengths
- 1 fennel bulb, trimmed and cut into thick wedges lengthways
- ¼ cup olive oil
- 500g truss cherry tomatoes
- ¼ cup flat-leaf parsley leaves, roughly chopped
- 2 tsp finely grated lemon rind

STEP 1 Preheat oven to 200°C/180°C fan-forced. Place garlic, onion, capsicums, zucchini and fennel in a single layer in a large heavy-based roasting pan.

STEP 2 Drizzle vegetables with oil and toss to coat. Season with salt and pepper. Roast vegetables, turning once, for 30 minutes. Toss through tomatoes and roast for a further 10 minutes or until vegetables are just tender.

STEP 3 Combine parsley and lemon. Sprinkle parsley mixture over vegetables. Serve immediately or at room temperature.

Good for you... TOMATOES

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection.

