

Marinated Veggies

Ingredients:

Marinade:

Small handful each (equal parts) of herbs:

Fresh Rosemary

Fresh Thyme

Fresh Parsley

Fresh Basil

Fresh Oregano

1 x Red Chilli (mild-medium) keep the seeds if you like the extra heat

Zest of Lemon

Juice of Lemon

Splash (or two) of balsamic vinegar

1/2-3/4 cup Olive Oil

Fresh ground pepper and salt (to taste)

Vegetables:

Eggplant (sliced lengthways, about 5mm thickness)

Capsicum (long slices)

Zucchini (long slices, about 3-5mm thickness)

Pumpkin (sliced, about 5mm thickness)

Method:

Remove the stalks of the rosemary, thyme, oregano and chilli.

Put all ingredients into a blender on medium-high and finely chop (see photos for consistency).

If you don't have a blender you can hand-chop (it'll just take longer).

Check if you need more oil, add more if required (you want it to be fairly oily and spread across all your veggies).

Use baking paper and oven trays, first drizzle with olive oil.

Place sliced vegetables on top.

Using a brush, paint the herb marinade on top of all the veggie slices.

Bake 25 minutes at 180C.

Check at 25 minutes, once eggplant starts to brown at edges everything should be done.

Sometimes the zucchini (being more watery) takes a little longer.

You can use these vegetables so many ways:

On pizza, in sandwiches, tossed through mixed salad leaves, pasta salad, separately on an anti-pasto platter, use the leftover herb mix as base to salad dressing.

