



Greek roasted vegetable medley

15'
Hands on

70'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 1 eggplant
- 2 carrots
- 1 potato
- 1 zucchini, large
- 1 yellow bell pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 onion
- 2-3 clove(s) of garlic
- 4-5 tablespoon(s) olive oil
- rosemary
- oregano
- thyme
- salt
- pepper
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 2 tomatoes
- 2 tablespoon(s) honey

For yogurt glaze

- 250 g strained yogurt
- 1 egg
- parmesan cheese, some
- lemon zest, of 1 lemon
- lemon juice, of 1/2 lemon
- thyme
- oregano

Method

- Preheat oven to 180* C (350* F) Fan.
- Place a **nonstick pan** over high heat and let it get very hot.
- Prepare all of the vegetables. **Chop** the eggplant in to 2 cm cubes, the zucchini in to 3-5 mm rounds, the onion thinly sliced, the bell peppers in to 5 mm slices and the carrots in to 1 cm slices or rounds. Place them all in a large bowl.
- Add the garlic, herbs, salt, pepper and toss.
- Add the vegetables to the hot pan in 4-5 batches and sauté each batch for 2-3 minutes while stirring. If you add them all at once they will boil instead of sauté nicely.
- When each batch is ready, transfer to a **baking pan** or ovenproof baking dish.
- When you add all of the sautéed vegetables to the pan, add the lemon zest and lemon juice, tomatoes and honey. Toss.
- Bake for 40-45 minutes, until the vegetables soften.
- When the dish is almost ready, prepare the glaze by whisking the yogurt, parmesan, lemon zest, lemon juice, egg and pepper together in a bowl.
- Pour over vegetables, turn oven on to broiler or grill and cook for another 5-10 minutes, until golden.

Tip

Keep in mind that you need to chop the vegetables that take longer to cook in to smaller pieces and the ones that cook more quickly in to larger pieces so they can all cook evenly.

Διατροφικός πίνακας

Nutrition information per portion

196 Calories (kcal)	6.9 Total Fat (g)	1.9 Saturated Fat (g)	24.0 Total Carbs (g)
10%	10%	10%	9%
17.0 Sugars (g)	6.3 Protein (g)	4.9 Fibre (g)	0.33 Sodium (g)
19%	13%	20%	6%