







Rest. Veg  
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Free Veg  
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# Roasted Spiced Vegetables

When we think of vegetables, we generally think of them as a side dish but through Motivation you'll have learned about Free Veg and Restricted Veg and how to incorporate more vegetable based dishes into your healthy eating routine. This dish is delicious.

## Starchy Vegetables

Pick restricted vegetables of your choice or else leave them out completely, here are some examples that work well.

- € 2 whole carrots, halved lengthwise and chopped into large bites
- € 100g butternut squash or parsnips, sliced into ½ inch cubes
- € 100g Brussels sprouts, halved

## Non-starchy Vegetables

Pick your favourite free vegetables of choice, they cook faster so remember to check on them half way through roasting.

- € 1 head of broccoli, roughly chopped
- € 100g red or green cabbage, thinly sliced
- € 1 red pepper, thinly sliced lengthwise
- € 100g chopped cauliflower
- € 1/2 courgette, sliced into ¼-inch rounds
- € 1/2 tsp of salt and black pepper
- € 1 Tbsp medium curry powder (or one that you prefer)

## Directions

1. Preheat oven to 190C and line a baking sheet with parchment paper.
2. Place a steamer on the heat and add in whatever starchy restricted vegetables you're using, e.g. carrots, Brussel sprouts, onions or swedes.
3. Cover and steam the vegetables for 4-6 minutes or until just tender. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.
4. Transfer the steamed starchy vegetables to one side of the baking sheet and arrange the non-starchy vegetables on the other. Season to taste with salt and curry powder, and toss to coat. Should you wish to use a fat allowance you can add a little olive oil to crisp them up too.
5. Bake for a total of 20-30 minutes, removing anything that seems to have cooked faster as you check half way through.
6. At this point, they're ready to serve! However, you'll that the vegetables are enhanced with a bit of fresh lemon juice and some herbs of choice.
7. Store leftover vegetables covered in the refrigerator up to 3-4 days. You can reheat on a parchment-lined baking sheet -200c - about 10 minutes.















