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MARINATED ROAST VEGETABLES

These marinated roast vegetables are perfect served piping hot from the oven or chilled with salad leaves. Either way, the strong contrasting flavours make this a tasty dish.

Serves 2

Per serving: 130 calories, 3.9g fat

Prep time 10 mins

Cook time 40 mins

INGREDIENTS

1 medium courgette
1 small aubergine
½ red and ½ yellow pepper, seeded
1 baby leek
½ small bulb of fennel
1 small red onion, peeled
Rapeseed oil spray
2 tbsp lemon juice
1 tbsp light soy sauce
1 tsp lemongrass, finely chopped
1 tbsp chopped fresh marjoram
1 tbsp sesame seeds
freshly ground black pepper
parsley to garnish

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4. Prepare the vegetables by slicing into wedges 5mm (¼") thick.
2. Combine the lemon juice, soy sauce and herbs in a small bowl.
3. Place the vegetables into a roasting tin, season well with salt and black pepper and spoon the marinade over the vegetables.
4. After 15 minutes, turn the vegetables to ensure even flavouring. Leave for 15 minutes, turn again, spray with rapeseed oil and sprinkle with the sesame seeds.
5. Place in the oven and roast for 35 - 40 minutes until tender and slightly charred around the edges.
6. Sprinkle with parsley and serve hot or allow to cool or serve cold as a salad.



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