

The vegetables you use really is a matter of taste. We used Onions, Beetroot, Broccoli, Carrot, Broccoli stems and mushrooms.

Method:-

(1) Boil the Beetroot in it?s skins with Cider Vinegar for 15 minutes or so.
(2) Cut the vegetables into bite sized pieces and the Broccoli stems into batons if you are using them.
(2) Sprinkle with a dried mixed herbs, a little grated Italian style Cheese and a drizzle of oil.
(3) Roast at 180C until tender but still with a little bite.

The tray bake and the Gluten free stuffing balls were the star of the show last night. But the Garlic and fresh Rosemary roast Chicken was pretty good as well. Not forgetting the Yorkshire Puddings!