



THE WRITERS' GREENHOUSE

Summer: Roast Mediterranean Veg

Perfect for heatwaves or rainy summer days: the best of summer's veg roasted to bring out its flavour



Serving and times

Active time: 15 mins

Oven time: 40 mins

Serves: 4–6 (easily doubled or more)

Ingredients

- **Approx 1.5 kg of mixed Mediterranean veg**, eg
 - 1 aubergine
 - 2 courgettes
 - 3 peppers, any colour or a combination
 - 300g mushrooms
 - 2 small red onions
- **½ head of garlic (about 6–9 cloves)**
- **4–6 Tbsp olive oil**
- **½ – 1 tsp salt, 1 tsp pepper**
- **Optional: 4–6 whole mild chillies**

Optional extras: protein

We often serve it as is, or with grilled chicken or sausages. You can also add more protein to the dish, partway through cooking or at the end:

- **Chorizo:** 5mm slices, 20 mins before end
- **Halloumi:** ¾ cm slices, 10 mins before end
- **Walnuts:** 5 mins before end
- **Cheese** (goats, camembert, brie) when serving

Optional extras: additional flavours

You can add whatever herbs, citrus, and spices you fancy, to vary it. Eg rosemary, thyme, sage, mint, basil, tarragon, chives, parsley, lemon, lime, chilli, cumin – though perhaps not all at once! My favourite combos are: mint and goats cheese; rosemary and lemon; chilli flakes and lime; cumin, coriander, and lemon.

Method

- Heat the oven to 200°C (180°C fan).
- Chop the **aubergine**, **courgettes**, and **peppers** into chunks about an inch / 2.5cm big – err bigger than smaller.
- Rub the **mushrooms** clean of dirt and trim the stalk ends if necessary.
- Halve the **onions**, peel them, and trim the ends leaving as much on as possible. Chop each half into quarters or thirds lengthways.
- Break the **garlic** into cloves, the skin still on.
- Get an oven tray large enough to hold all the vegetables in a single layer. (The oven's own tray does well, lined with foil if necc.)
- Toss all the **vegetables** in the **olive oil**, **salt**, and **pepper**.
- Put the **tray of veg** in the oven for 40 mins.

Optional Extras

- **Before roasting:** Toss any **lemon zest**, **chilli**, and **whole spices** (eg cumin) with the veg. Tuck any **woody herbs** (rosemary, thyme, sage) under the veg, stalks and all.
- **While roasting:** Set an extra timer for when to add your **chorizo**, **halloumi**, or **walnuts**.
- **After roasting:** Add any chopped soft herbs (eg mint, basil, tarragon, chives, parsley), any citrus juice (eg lemon, lime), and any cheese.

Notes

- **Avoid dishes with high sides for roasting:** A metal tray with low-ish sides is ideal. Higher sides keep more of the moisture trapped, even when the dish is open at the top, making the veg boil in its juice more than roast.

Fridging, freezing, re-eating

- Keep for up to 5 days in the fridge. To freeze, portion into tupperwares (don't squish it down) & label with masking tape & a sharpie.
- For hot days, take it out the fridge an hour before to eat at room temperature, with a dash extra olive oil and balsamic or citrus juice.
- For colder days, reheat for 10–15 mins in a 160°C oven. Add a splash of lemon or lime to brighten it.