

## **ROASTED VEGETABLES (LAYERED METHOD)**

Source: family



- Onion
- Sweet potatoes, sliced
- Courgettes, diced
- Squash, cut into small cubes
- Aubergines
- Fennel, sliced
- Red pepper, sliced
- Buckwheat, cracked wheat - optional

**1.** "Dehydrate" the aubergine slices with salt on both sides, well in advance of assembling this dish.

Alternatively, M/W whole aubergine for 5 min, then slice.

**2.** Oil a big roasting pan and build up layers. Each layer should be brushed with olive oil and dusted with mixed herbs,

freshly ground pepper and a little salt. The layers are built as follows:

- 3.** Onion slices to cover the whole of the bottom of your dish.
- 4.** Layer sweet potatoes, diced courgettes, squash (if used) and all the above listed vegetable.
- 5.** Layer aubergines and put them near the top. Use buckwheat liberally to fill any gaps, slice fennel thinly and long ways, and finish by covering it all with slices of red pepper.
- 6.** Cover with foil and cook in a very hot oven, especially when using a large dish, for 1½ - 2hours but you will have to check. Take the foil off for the last 15-30 minutes. Drizzle with balsamic vinegar and maybe soya sauce – but this is also optional.