



# Roasted Veggies

## You need:

- 2x eggplant (sliced 1cm thick, length-wise)
- 2x potatoes (sliced 1cm thick, lengthwise)
- 2-3x baby marrow (sliced 1cm thick, lengthwise)
- 3x peppers (sliced 1cm thick, lengthwise)
- 20 olives (pitted)
- 2 tbsp oil
- spices

## Calories/s

153

## Prep time

10 – 15 min

## Servings (s)

4

## cook time

20-40 min

## Method:

- Preheat the oven to 180°C.
- Place sliced veggies on baking paper, in a baking tray.
- In a bowl mix spices and oil and brush it onto the veggies (on both sides).
- Bake for 20-40 min - depending on your taste preference.

## Nutrition Facts

Serving Size	per meal
Per serve	
<b>Energy</b>	<b>590 kJ</b> 141 kcal
<b>Protein</b>	<b>3.88g</b>
<b>Carbohydrates</b>	<b>17.26g</b>
Sugar	8.51g
<b>Fat</b>	<b>7.41g</b>
Saturated Fat	1.078g
Polyunsaturated Fat	0.976g
Monounsaturated Fat	4.962g
Cholesterol	0mg
Fiber	8.6g
Sodium	8mg
Potassium	632mg