

Roasted Veggies

Mushrooms

Japanese Eggplant

Heart of Palm

Fennel (par boil first)

Tinned Artichokes

Red Pepper

Preparation:

Slice the mushrooms, eggplant, heart of palm and artichokes as you would for ordinary roast vegetables.

Parboil the fennel before slicing

Slice red pepper into long strips

Parboil fennel

Toss veggies in olive oil and WHITE balsamic vinegar. Add the juice from the marinade of the tin artichokes

Roast 425 for 20-25 minutes