



Turkish style roast vegetables with mint yoghurt

Turkish style roast vegetables with mint yoghurt is a light meal combining rich and zesty flavours which bombard your tastebuds. It is incredibly easy to prepare, packed full of nutrients and combines soft and crispy textures, as well as a vivacious pallet of colours to grace your dinner plate.

Ingredients:

Serves 4 as a main course

1 tbsp coconut oil	2 tsp smoked paprika
2 red onions, sliced	200g feta cheese
4 garlic cloves, chopped chunky	4 small avocados, chopped
2 sweet potatoes, washed, skins on and thinly sliced	Pinch chilli flakes
2 red peppers, sliced	For the Mint Yoghurt
2 orange peppers, sliced	200g Greek yoghurt
4 handfuls Chantenay carrots, whole	2 tsp dried mint
4 large handfuls cherry tomatoes, halved	1 tbsp fresh mint, chopped
12 chestnut mushrooms, sliced	1 tbsp fresh parsley, chopped
4 large handfuls kale, chopped	Zest and juice of 1 lemon
1 tsp ground cumin	Black pepper

To prepare:

Preheat the oven to 180°C/350°F/ Gas 4. Melt the coconut oil in a large baking tray and add the onions, garlic, sweet potato and carrots. Bake uncovered for approximately 15 minutes.

Next add the peppers and mushrooms. Sprinkle over the smoked paprika, cumin and chilli flakes. Combine well and bake uncovered for a further 20 minutes. Add the cherry tomatoes and roast for 10 minutes then add the kale and roast for a further 10 minutes.

While the vegetables are roasting prepare the mint yoghurt. Combine the Greek yoghurt, mint, parsley, mint sauce and lemon zest and juice and set aside.

When the vegetables are ready, remove them from the oven and let cool for approximately 10 minutes. Crumble the feta through the vegetables. Add the mint yoghurt and combine gently, just enough so the mint yoghurt coats most parts of the vegetables. Be careful not to smother the vegetables. Add salt and pepper to taste.