



## Roasted Vegetable Bake

Roasted vegetable bake is as good as Boxing Day leftovers, just without the Christmas Day busyness - and turkey! I came up with this recipe after a very long weekend of eyes glued to my laptop with my internet connection dropping out and feeling stressed and hungry by the end of it.

Roasted vegetable bake came to the rescue. It had everything I needed: it was easy to prepare, full of comforting flavours and filling. Couldn't ask for more. Here's the recipe.

### Ingredients:

Large knob of butter	4 red ramiro or bell peppers, sliced into rounds
1 tbsp coconut oil	Zest and juice of 1 lemon
8 medium sized potatoes, skins on, washed and quartered	4 eggs, beaten
10-12 chantenay carrots	1 tbsp creme fraiche
4 cloves garlic, chopped chunky	Heap of grated cheese
4 red onions, quartered	Salt and pepper to taste
2 large handfuls chestnut mushrooms, halved	

### Method:

Preheat the oven to 180°C/350°F/ Gas 4.

Melt the coconut oil and butter in a large baking tray and add the potatoes. Toss well in the butter and coconut oil. Bake, covered with foil for approximately 40 minutes. Uncover and add the onions, garlic, carrots, mushrooms and red peppers. Bake for approximately 30 minutes until the potatoes have browned and the vegetables are roasted.

Add the egg mixture and combine well. Return to the oven for 3 minutes.

Remove the pan from the oven and sprinkle the lemon juice and zest over the vegetables. Allow to cool for a few minutes and stir through the creme fraiche and cheese.

Add salt and pepper to taste and enjoy this satisfying and comforting meal.