

BAKED LAYERED VEGETABLES



2 medium size zucchini (600-700grams)

6 carrots

800 grams Pumpkin (canned pumpkin is not a suitable replacement for this recipe)

1/2 cup olive oil

1 cup water

22cm square non-stick baking tray

Salt & pepper

Baking foil



- Wash and peel the zucchini. I like to leave as much skin on as possible. Cut the zucchini into slices of about ~0.5cm..
- Wash and peel the carrots. Cut into slices, on an angle, making these slightly thinner than the zucchini.
- Wash and peel the pumpkin, remove the seeds. Cut the pumpkin into slices about the same width as the zucchini.
- Pour 4 tablespoons of the oil into the base of your baking tray. Add just enough water for there to be a film of liquid covering the bottom of the tray.
- Place layers of vegetables in the tray and in-between each layer grind a little salt, pepper, drizzle a little of the oil and add a sprinkling of water.
- Cover your tray with foil and place in the oven.
- Cook for 30-40 minutes. Everyone's oven differs, so I recommend you check the vegies at about 20 minutes. Test with a skewer, which should be able to pierce the vegetables, depending on how crunchy you prefer them.
- Serve with the protein of your choice!

