

Vegetarian Casserole

Shopping List

- Courgette (3, thickly sliced)
- Aubergine (1, cut into fingers)
- Garlic (3 cloves)
- Olive Oil (4 tablespoons)
- Chickpeas (400g can)
- Coriander (to serve)
- Red Pepper (2, deseeded, chopped)
- Chopped Tomatoes (400g can)
- Onion (1, chopped)
- Coriander Seeds (1 tablespoon)
- Large Baking Potato (peeled, in bite size chunks)

Duration: 1 hour 10 minutes

Servings: 4



Method:

Heat oven to 220C/200C fan/gas 7. Tip all the vegetables into a large roasting tin and toss with the coriander seeds, most of the olive oil and salt and pepper.

Spread everything out to a single layer, then roast for 45 mins, tossing once or twice until the vegetables are roasted and brown round the edges.

Place the tin on a low heat, then add the tomatoes and chickpeas. Bring to a simmer and gently stir. Season to taste, drizzle with olive oil, then scatter over the coriander. Serve from the tin or pile into a serving dish.

Eat with chunks of bread.