

Honey and Balsamic Roast Vegetables

6 cups vegetables cut into small chunks e.g. potatoes, kumara, parsnip, peppers, small onions, beetroot, swede, pumpkin etc.

2 Tbsp balsamic vinegar

2 Tbsp olive oil

2 Tbsp honey

1 tspn minced garlic

lemon pepper

Herbs, fresh or dried of your choice eg basil, oregano, rosemary

Place vegetables in roasting/ovenproof dish. Mix vinegar, oil, honey and garlic together and pour over vegetables; mix through. Sprinkle with herbs and cook at 180C until vegetables are tender