



OVEN-BAKED VEGETABLES WITH BEANS

WHAT YOU NEED

- 2 tablespoons olive oil
- 2 courgettes
- 1 red pepper
- 1 yellow pepper
- 3 large or 10 small tomatoes
- 1 can of beans in water (any)
- 1 teaspoon of paprika
- pinch of chilli flakes (if you like)
- salt and pepper, herbs



HOW TO MAKE IT

Chop the courgette and peppers into sticks. Cut the tomatoes in 4 if large. Leave whole if small.

Put them on an oven tray.

Add olive oil, paprika, chilli flakes, salt and pepper and herbs and stir to coat the veg evenly.

Cook for 20 minutes at 200°C.

Remove tray from oven and add beans. Cook for another 5 minutes.

TIP 😊 A DELICIOUS LUNCH!

Add some soft white cheese, like feta or mozzarella, pop it back in the oven for five minutes.

