

Vegetarian roast served with creamed mash potato and roasted vegetables.

Linda McCartney

Ingredients

4 medium potatoes
1 tbsp olive oil
a little milk or soya milk
2 red onions
2 red peppers
clove of garlic
ground salt & black pepper
2 tbsp sea salt
herbs

Method

Turn a roast delicious substantial meal.

Take 4 medium potatoes, wash, peel and cut into chunks. Cover with water, bring to the boil and simmer for 20 mins. When soft, drain and mash with 1 tbsp. olive oil, a little milk or soya milk. Mix until smooth and creamy.

Meanwhile, as the roast is cooking prepare the roasted vegetables and cook in the same oven.

Cut 2 red onions, 2 red peppers, 2 courgettes and a clove of garlic into chunky pieces.

Place in a roasting tray with 2 tablespoons of olive oil, freshly ground salt and black pepper, toss gently until all the vegetables have a light coating of oil.

Add herbs to taste such as thyme or rosemary and place in the oven underneath the roast for approx 30 minutes or until tender.

