



Vegetable casserole

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Ingredients

- 1 Onion
- 1 tsp Ground Bayleafs
- 1 tsp Ground Coriander seeds
- 2 tsp BBQ spice
- 1 tsp Leaf masala
- ¾ tsp Garum masala
- 2 tsp Mild yellow curry
- 30 ml Pea flour
- 1 tin Chopped Italian tomato (400 g)
- 6 Baby potatoes
- 1 Yellow bell pepper
- 4 Baby marrows
- 10 Baby carrots
- 1 small Cauliflower
- 1 small Broccoli
- 1 small Butternut
- 1 tsp Chopped garlic
- Salt to taste

Method

- Prepare the vegetables by cutting potato in halve Baby marrows in 3 Pisce Cauliflower and Broccoli in florets. Peel and cut the Butternut in squares. Leave the carrots whole. Mix everything together and place in big enough oven proof dish with a lid.
- Fry the chopped onion with a little Olive oil. Fry Onion until glassy.
- Add the herbs and spices and Pea flour.
- Stir until no dry spices is visible.
- Add the tomato and juice.
- Add Garlic.
- Add 1 cup of water and stir.
- Add cubed yellow pepper and remove from heat.
- No matter if the vegetables is not soft as it will cook in oven.
- Dish this sauce over the vegetables and cover with lid. Add ½ a cup water (no need to mix) bake at 200°C for 60 minutes. Check that all vegetables are soft.
- Allow to stand for 5 minutes before serving.

Serve on rice.

Serve 4 large portions.

