

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S ROAST GARLICKY VEGETABLE SPAGHETTI

 **Prep:** 15 minutes

 **Cook:** 55 minutes

 **Serves:** 4

INGREDIENTS:

- Drizzle of olive oil
- 16 tomatoes, halved
- 3 courgettes, thickly sliced
- 2 medium onions, quartered
- 1 whole garlic bulb, sliced across the top
- Freshly ground black pepper
- Pinch **LoSalt**
- Sprinkle dried oregano
- Spaghetti or any other pasta

METHOD:

1. Preheat the oven to 200°C.
2. In a large roasting tray, place the halved tomatoes, sliced courgettes and whole garlic bulb that has had the top sliced off.
3. Drizzle with olive oil and season with freshly ground black pepper, **LoSalt** and dried oregano.
4. Pop in the pre-heated oven and roast for 20 mins. Take out of the oven, stir well and add the quartered onions, breaking the pieces up.
5. Pop back in the oven for a further 35 mins, until the vegetables are cooked and beautifully caramelised.
6. Meanwhile cook and drain the spaghetti.
7. Using a knife and fork, squidge the cooked garlic out of the bulb and discard the skin. Mix the vegetables into the cooked spaghetti, making sure you get all the juices!
8. Serve and enjoy!