

OVERALL time: 50 mins

ROAST VEG CRUNCH BOWL

Want to include more veggies in your diet for the New Year? This roast veg bowl is packed with goodness with loads of crunch and spicy punch.

Metric

Number of servings : 2

ingredients

For the roast veg

- 8 each 8 baby carrots
- 2 cups diced butternut
- 2 Tbsp extra virgin olive oil
- 2 tsp runny honey
- 1 tsp **Cape Herb and Spice Veggie Roast Shaker**
- 1 tsp **Cape Herb and Spice Portuguese Peri Peri Rub**

For the bowl

- 1 cup cooked couscous
- 1 cup red cabbage, finely shredded
- 8 cucumber ribbons (use the veggie peeler)
- 8 mint leaves
- large handful of chopped coriander & parsley
- pomegranate jewels & edible flowers (optional)

For the dressing

- 4 Tbsp extra virgin olive oil
- 3 Tbsp white balsamic vinegar
- 1 tsp runny honey
- 0.5 tsp **Cape Herb and Spice Veggie Roast Shaker**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Place the carrots, diced butternut and chickpeas in a large bowl, pour over the olive oil and honey and toss to coat. Sprinkle the veggies with the seasoning spices and toss again to ensure everything is evenly coated with spice.

Line a baking sheet with non-stick baking paper and spread out the vegetables on the sheet. Roast the veggies in a pre-heated 200 degrees Celsius oven until cooked through – it takes about 30 minutes. (You could, if preferred, also roast these in your air fryer at 200 degrees Celsius. Just do try to have a single layer of veggies or stack them in such a way that maximum airflow is allowed around the veggies.)

Once the veggies are roasted, build you bowl with the veggies and the rest of the bowl ingredients. Whisk together all the dressing ingredients and you're ready to serve!

<https://capeherb.co.za>

Metric

ingredients

For the roast veg

- 8 each 8 baby carrots
- 2 cups diced butternut
- 2 Tbsp extra virgin olive oil
- 2 tsp runny honey
- 1 tsp **Cape Herb and Spice Veggie Roast Shaker**
- 1 tsp **Cape Herb and Spice Portuguese Peri Peri Rub**

For the bowl

- 1 cup cooked couscous
- 1 cup red cabbage, finely shredded
- 8 cucumber ribbons (use the veggie peeler)
- 8 mint leaves
- large handful of chopped coriander & parsley
- pomegranate jewels & edible flowers (optional)

For the dressing

- 4 Tbsp extra virgin olive oil
- 3 Tbsp white balsamic vinegar
- 1 tsp runny honey
- 0.5 tsp **Cape Herb and Spice Veggie Roast Shaker**

Number of servings :2

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 30 mins

Place the carrots, diced butternut and chickpeas in a large bowl, pour over the olive oil and honey and toss to coat. Sprinkle the veggies with the seasoning spices and toss again to ensure everything is evenly coated with spice.

Line a baking sheet with non-stick baking paper and spread out the vegetables on the sheet. Roast the veggies in a pre-heated 200 degrees Celsius oven until cooked through - it takes about 30 minutes. (You could, if preferred, also roast these in your air fryer at 200 degrees Celsius. Just do try to have a single layer of veggies or stack them in such a way that maximum airflow is allowed around the veggies.)

Once the veggies are roasted, build you bowl with the veggies and the rest of the bowl ingredients. Whisk together all the dressing ingredients and you're ready to serve!

<https://capeherb.co.za>