

OVERALL time: 90 mins

PROVENÇAL VEGETABLE TIAN

Packed with flavour, light and heart healthy - Mediterranean-inspired eating focused on veggies is perfect for the summer months. It doesn't come much better than this Provençal vegetable tian. Plump ripe red tomatoes, red onions, courgettes and aubergines are kissed with glugs of olive oil and studded with garlic. It's a meal that conjures up images of lazy, hot Provençal days where the air is filled with the noise of cicadas and heady with the perfume of lavender. All this tian asks for is a crusty baguette. Bon appétit!

Metric

Number of servings : 4

ingredients

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 60 mins

Build the tian by arranging the veggies in concentric circles starting from the outside of a round oven-proof dish. Tuck slivers of garlic in amongst the veggies. Dust very liberally with our **Cape Herb & Spice Roast Veggie Seasoning**. Pour over olive oil, cover dish with tin foil and place in a pre-heated 180 degree Celsius oven for 30 minutes. Then remove the foil and continue baking until the veggies are soft, about another 30 minutes. Drizzle over a bit more olive oil, give it a final light dusting of our Roast Veggie Seasoning and tuck in.

Recipe concept & photography by Lizet Hartley. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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