



Roasted Provençal Vegetables in Smoked Paprika Tomato Sauce

Prep and cooking time -
1 hour

Ingredients for Roasted Vegetables

1 aubergine
1 red pepper
2 red onions
1 bulb garlic
2 courgettes
Herbs de Provence: oregano, thyme, rosemary, and sage

Ingredients for Smoked Paprika Tomato Sauce

1 large clove garlic
Olive oil
1 small dried red chilli
2 tsp dried oregano
3 x 400g tins of plum tomatoes
1 tablespoon red wine vinegar
1 handful of basil
3 tsp smoked paprika

Method for Roasted Vegetables

Pre-heat oven to 180 degrees. Line a baking sheet with foil and olive oil.

Scatter all the veggies on the baking sheet (red pepper, eggplant, onions, courgette, and garlic) then drizzle with more olive oil, Herbs de Provence, salt, and pepper. Toss well to coat all veggies then bake until caramelized and tender, about 30 minutes, tossing once halfway through.

Garnish with fresh chopped parsley to serve.



Method for Smoked Paprika Tomato Sauce

Peel and finely chop the garlic, then gently fry in a thick-bottomed pan with 2 tablespoons of olive oil.

Crumble in the chilli, smoked paprika and add the oregano and tomatoes.

Mix gently, leaving the tomatoes whole and letting the mixture cook slowly as you'll get a nice, sweet sauce.

Bring to the boil and simmer gently for 1 hour.

Add the vinegar to the pan, then stir and chop up the tomatoes in the sauce.

Roughly chop the basil, then add to the pan.

Season well to taste with sea salt and black pepper, and finish with 2-3 tablespoons of extra virgin olive oil.