



Gut Reset Roast Vegetables

Ingredients

- 1 head of fennel, stalks and leaves
- 1 onion
- 1 head of broccoli
- 1 head of cauliflower
- 4 leeks
- 4 chopped cloves of garlic
- 1 cup purple cabbage
- 1 cup green cabbage
- 1 tsp turmeric
- 1 tsp ginger
- 1 tsp spanish smoked paprika
- salt and pepper
- generous amount of olive oil spray
- You can use any herbs and spices another nice one is ½ tsp of Ras El Hanout, experiment!

Instructions

- Wash and chop all vegetables into small pieces and mix together in a big baking tray.
- Generously spray all vegetables with olive oil and mix.
- Sprinkle over all the spices, salt and pepper and toss together well.
- Cover with baking paper and then tin foil.
- Place in the oven for 45 minutes covered and then uncover, mix up the vegetables again and roast for a further 15 minutes.
- These vegetables can form the basis of any meal, if you get tired of eating them, turn them into a soup with bone broth and chicken or vegetable stock or use them in the Everything Crustless Quiche. The roasted vegetables add another level of flavour to the soup.