

Oriental/spicy vegetables

Ingredients

- Tomatoes(fresh or tinned)
- Courgette
- Peppers
- Onions
- olive oil
- Fajita spice powder or other spices according to taste

Instructions

- Chop the vegetables, put in a baking tray with a drizzle of olive oil, a sprinkle of Fajita spice powder and bake for about 30 minutes at 180 degrees/Gas mark 6.
- Serve with rice or freeze.
- Variation 1 - add diced chicken and chilli, but bake at 180 degrees/Gas mark 6 for an hour.
- Variation 2 – use pizza base or puff pastry (frozen will do) to make a calzone.
- Variation 3 - ??