



COTSWOLD GOLD

EXTRA VIRGIN COLD
PRESSED RAPESEED OIL

Seasonal roasted vegetables...



Ingredients...

Root vegetable to roast
e.g. carrots, onions, sweet
potatoes, sprouts, turnips,
butternut squash

Sprig of thyme
5/6 tbsp Cotswold Gold
Balsamic vinegar

- Preheat oven temperature to 200C/400F/Gas 6.
- Put all root vegetables into a dish, season well, add reasonable amount of thyme, mix together balsamic vinegar and oil, marinade vegetables for $\frac{3}{4}$ -1 hour before cooking. (If using summer vegetables, place vegetables in dish, make marinade with basil, garlic, vinegar and Cotswold Gold Rapeseed Oil and pour over the top)
- Put root vegetables into a wide baking tray so that the vegetables are not touching, put into a hot oven and bake for 20-30 minutes until just cooked. (If using summer vegetables the same applies but they may not need to be cooked for quite so long)
- A simple and delicious way to enjoy vegetables all year!

