

one™



Spicy Roast Vegetables

INGREDIENTS:

- 1 Tbsp ONE Malawian Bird's Eye Chilli & Garlic Grinder
- Assorted vegetables (such as peppers, courgette, onions, and carrots), sliced
- 2 Tbsp olive oil
- Salt and black pepper to taste

INSTRUCTIONS:

1. Preheat your oven to 200°C.
2. In a large bowl, toss the sliced vegetables with olive oil, **ONE Malawian Bird's Eye Chilli & Garlic Grinder**, salt, and black pepper until well coated.
3. Spread the vegetables evenly on a baking sheet.
4. Roast in the preheated oven for about 25-30 minutes, or until the vegetables are tender and slightly caramelized.
5. Serve as a side dish or as a filling for tacos, wraps, or bowls.

