

Ghee-Roasted Vegetables

This delightful dish features a medley of seasonal vegetables roasted to perfection in aromatic ghee, enhancing their natural flavors. A perfect side or a light main course that is simple yet packed with taste.


30 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium zucchini, sliced
- 1 medium carrot, sliced
- 1/2 red bell pepper, chopped
- 1/2 cup cherry tomatoes
- 1 tablespoon ghee
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- Fresh parsley for garnish

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 In a mixing bowl, combine zucchini, carrot, red bell pepper, and cherry tomatoes.
- 3 Melt the ghee in a small saucepan or microwave, then pour it over the vegetables.
- 4 Add salt, black pepper, garlic powder, and paprika. Toss everything well to coat.
- 5 Spread the vegetables on a baking sheet in a single layer.
- 6 Roast in the preheated oven for 20-25 minutes, or until tender and slightly caramelized.
- 7 Remove from the oven and garnish with fresh parsley before serving.