

Here is a recipe called "Mix vegetables"

Ingredients:

1. 1 tablespoon of olive oil
2. 1 onion, chopped
3. 1 carrot, chopped
4. 1 courgette, chopped
5. 1 potato, chopped
6. 1 cup of frozen peas
7. 1 cup of frozen green beans
8. 1 cup of frozen corn
9. 1 teaspoon of dried thyme
10. Salt and pepper to taste

Steps:

1. Preheat the oven to 190°C.
2. In a large baking dish, combine the olive oil, onion, carrot, courgette, potato, peas, green beans, corn, thyme, salt and pepper.
3. Bake for 30 minutes, or until the vegetables are tender and cooked through.
4. Serve hot.