

Roast veg pasta sauce (6 portions; 1½ hours)

For the roast

quite a lot of olive oil
1kg courgettes
3 large red onions
2-3 red peppers
8-10 cloves garlic
150g cherry tomatoes

½ tsp salt
erbs de provence
(optional) fresh thyme

Preheat the oven to 210 degrees. Chop the veg into chunks and pour over some olive oil. Mix in the garlic cloves and tomatoes, and spread over 2-3 baking trays.

Sprinkle the salt over the veg and top with the herbs, place in the oven for 30-40 minutes. Adjust the heat if necessary.

For the sauce

½ tsp ground coriander
½ tsp ground cumin
1 tsp paprika
1 tsp basil
1 tsp erbs de provence

2 tins peeled plum tomatoes
2 tins of chickpeas
2 stock cubes

Fry the spices and erbs in a bit of oil, add the tinned tomatoes and break them up, then add the chickpeas (including water from the can) and crumbled stock cubes. Bring to the boil and simmer for 20 minutes.

Once the veg is done, pile it into the pot and mix well. Add a bit of hot water if the sauce needs thinning out, and cook for 5-10 minutes.