

Roast veg pasta sauce (6 portions; 1½ hours)

For the roast

quite a lot of olive oil
1kg courgettes
3 large red onions
3 red peppers
12 cloves garlic
250g cherry tomatoes

½ tsp salt
erbs de provence
(optional) fresh thyme

Remove the papery stuff from the garlic and trim the base off each clove (but don't peel the skin). Peel the onions and cut each one into 6 wedges. Wash the courgettes and chop into chunks.

Grease 2-3 baking trays with olive oil, spread the onions across them, then the courgettes. Sprinkle a bit of salt and herbs over them, and then add the garlic on top.

Preheat the oven to 210 degrees.

Wash the tomatoes and peppers, and chop the peppers into 8-12 large chunks. Spread the tomatoes and peppers over the veg trays, and top with some olive oil.

Place in the oven for 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.