**Roasted Mediterranean veg and pasta with rocket pesto and salad**

# Ingredients for 125

20 large onions (2.5kg) , peeled and coarsely cut into chunks

20 aubergines, chopped into 1cm squares

30 courgettes, chopped into 1cm squares

36 (4kg) mixed peppers, deseeded & chopped into 1cm squares

2.5kg squash, peeled and in narrow chunks

1.25l pomace oil

# 

# Method

1. Dice the aubergine, courgettes, pepper and onions, peel and slice squash (not too thick)
2. Heat olive oil in oven trays
3. Add the vegetables (except the onions), tossing in the oil.

Load each tray with just one type of veg, as they will cook at different rates.

Bake at 180[°](https://www.degreesymbol.net/)C for approx 90 min or until softened and caramelised.

Check on swap the trays around for even roasting.

1. Fry onions

**Pesto**

# 

# Ingredients

450g sunflower seeds

500g rocket

750g spinach

5 bulbs garlic

100g salt and 75g pepper

1.25L olive oil

625g parmesan

Yeast flakes & salt for vegans

# Method

1. Toast sunflower seeds in a dry frying pan.
2. Prepare garlic unless frozen/minced.
3. Grate the parmesan.
4. Blitz sunflower seeds and garlic with some olive oil in batches. Then add rocket, spinach, salt and pepper and blitz again.
5. Keep back some of this mix for the (guestimating 7 vegans) before adding parmesan to the bulk.
6. Add yeast flakes and more salt to the vegan mix.

Pasta

7kg Fusilli

70g Gluten Free per person - (guestimating 8 = 560g)

Salad

# Ingredients

14 lettuces - washed and shredded

6 cucumbers - chopped into cubes

6 kg tomatoes - chopped into cubes

12 large (2kg) red onions - very finely sliced

500g pumpkin seeds

13 packets (2.6kg) of feta - crumbled

2.7kg sundried tomatoes in oil

Basil 4 bunches - washed and finely chopped/torn

350 rocket - washed and chopped

1.4l olive oil

0.75l balsamic vinegar

350ml lemon juice

Salt and pepper

Garlic frozen 65g

# Method

Ensure lettuces are washed thoroughly, and dried as much as possible. Combine with other salad ingredients **EXCEPT** the feta.

Remove portions for the (6?) vegans before adding feta to the main salad.

Mix ingredients to make a tasty dressing.