



Vegan



Easy



30-45 minutes

Vegetable Frites

SERVES: 4 as a side dish

PREPARATION TIME: 15 minutes

COOKING TIME: 20-30 minutes

Ingredients

- 1kg each of beetroot, sweet potatoe, carrot and courgette
- Filippo Berio Classico Olive Oil
- Filippo Berio Extra Virgin Olive Oil
- 2 tsp sea salt flakes
- 1 tbsp thyme leaves
- 1 tbsp dried oregano
- 1 tbsp fennel seeds, toasted in a pan
- 2 tsp chilli flakes
- 50g ground almonds
- 150g polenta

Method

1. Preheat the oven to 220°C.
2. Remove the seeded centre from the courgettes. Cut all vegetables into

batons 8-10cm long. Coat in 3-4 tbsp Filippo Berio Classico Olive Oil and 1 tsp of salt before seasoning and cooking.

3. For Beetroot - 3 minutes before the end of the cooking, sprinkle with the thyme leaves, sea salt and 2 tsp Filippo Berio Extra Virgin Olive Oil.
4. For Sweet potato - When cooked, toss in 2 tsp Filippo Berio Extra Virgin olive oil and dried oregano.
5. For Courgette - Before cooking, coat with the ground almonds and polenta.
6. For Carrot - When cooked, coat with a mixture of chilli flakes and gently crushed pan toasted fennel seeds.