



Veg & Tahini Tray Bake

Serves 4

1 onion, sliced
1 courgette, sliced
1 red bell pepper, sliced
1 cup (265g) chickpeas, drained
1 tbsp. olive oil
3 tbsp. tahini
1 lemon, juice only
3 tbsp. almond milk
1 tbsp. sesame seeds
handful coriander, chopped

What you need to do

1. Preheat oven to 190°C (375°F).
2. Place the chopped vegetables and chickpeas in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.
3. In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.
4. Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.



GF DF MP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	35 mins	260	13	26	11

*Nutrition per serving