



ROASTED VEGETABLE BOWL WITH GREEN TAHINI

MAKES 6 BOWLS

1. Preheat the oven to 425 degrees.
2. To roast the veggies, arrange your vegetables onto a few baking sheets lined with parchment paper. Toss with olive oil and salt. Roast for 25-30 minutes.
3. While the veggies are roasting, blitz up all ingredients for the tahini sauce in a food processor or blender.
4. Portion and save for the week. Serve with avocado or hard-boiled eggs or any other side you prefer.

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INGREDIENTS

ROASTED VEGETABLES

- 8 large carrots, peeled and chopped
- 3 golden potatoes, chopped
- 1 head of broccoli, cut into florets
- 1 head of cauliflower, cut into florets
- Olive oil and salt

GREEN TAHINI

- 1/2 cup olive oil (mild tasting)
- 1/2 cup water
- 1/4 cup tahini
- A big bunch of cilantro and/or parsley
- 1 clove garlic
- Squeeze of half a lemon (about 2 tbsp)
- 1/2 tsp salt (more to taste)

OPTIONAL EXTRAS

- Hard boiled eggs
- Avocados
- Chicken, tofu, or any other protein