

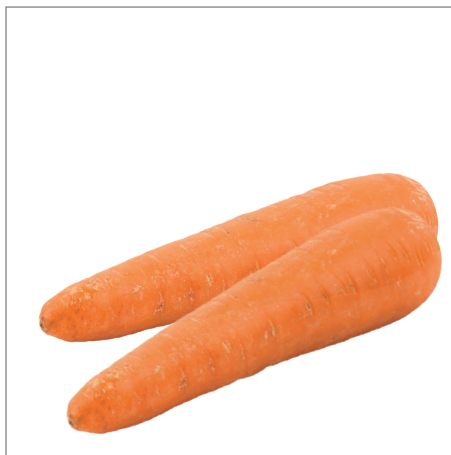
OVEN BAKED VEGETABLES WITH LEMON

INGREDIENTS

1 broccoli
2 carrots
1 white radish
Olive oil
Herbs of Provence
½ lemon
A little grated parmesan

PREPARATION

- Wash broccoli and cut into larger pieces. Peel the carrots and cut them into thick slices. Peel the white radish and cut it into slices.
- Spread everything on a baking sheet. Pour on olive oil and herbs of Provence, salt well.
- Bake at 170 ° C for a good half an hour.
- To serve, pour the juice of half a lemon over it and sprinkle with parmesan.



Vitamins C & E, beta carotene, antioxidants



A recipe recommendation from
CHARMANT
for your eye health