



Monsoon Coast Vegetables

Ingredients:

1/3 cup olive oil

2-3 cups vegetables, cut up

Salt to taste

1-2 tsp your favourite Monsoon Coast
spice

Instructions:

1 - Place vegetables in a bowl where you can toss them with the remaining ingredients. Mix very well.

2 - Place vegetables on a baking sheet and roast at 375 degrees until done. Flip the vegetables if needed during the roasting process.

3 - Serves 2-3 as a side.

Spices Used: Mahavira's Feast Eat Taste
Love Spice Box Ethiopian Berbere Monsoon
Balti Monsoon Tandoori Moroccan La
Kama Tobago Habanero Curry Tunisian
Harissa Rose Harissa Jamaican Jerk Rub

2-3 Servings