

Roasted Mediterranean veg and pasta with rocket pesto and salad

Ingredients for 125

- 20 large onions (2.5kg) , peeled and coarsely cut into chunks
- 20 aubergines, chopped into 1cm squares
- 30 courgettes, chopped into 1cm squares
- 36 (4kg) mixed peppers, deseeded & chopped into 1cm squares
- 2.5kg squash, peeled and in narrow chunks
- 1.25l pomace oil

Method

1. Dice the aubergine, courgettes, pepper and onions, peel and slice squash (not too thick)
2. Heat olive oil in oven trays
3. Add the vegetables (except the onions), tossing in the oil.

Load each tray with just one type of veg, as they will cook at different rates.

Bake at 180°C for approx 90 min or until softened and caramelised.

Check on swap the trays around for even roasting.

4. Fry onions

Pesto

Ingredients

450g sunflower seeds

500g rocket

750g spinach

5 bulbs garlic

100g salt and 75g pepper

1.25L olive oil

625g parmesan

Yeast flakes & salt for vegans

Method

1. Toast sunflower seeds in a dry frying pan.
2. Prepare garlic unless frozen/minced.
3. Grate the parmesan.
4. Blitz sunflower seeds and garlic with some olive oil in batches. Then add rocket, spinach, salt and pepper and blitz again.
5. Keep back some of this mix for the (guestimating 7 vegans) before adding parmesan to the bulk.
6. Add yeast flakes and more salt to the vegan mix.

Pasta

7kg Fusilli

70g Gluten Free per person - (guestimating 8 = 560g)

Salad

Ingredients

14 lettuces - washed and shredded
6 cucumbers - chopped into cubes
6 kg tomatoes - chopped into cubes
12 large (2kg) red onions - very finely sliced
500g pumpkin seeds
13 packets (2.6kg) of feta - crumbled
2.7kg sundried tomatoes in oil
Basil 4 bunches - washed and finely chopped/torn
350 rocket - washed and chopped

1.4l olive oil
0.75l balsamic vinegar
350ml lemon juice
Salt and pepper
Garlic frozen 65g

Method

Ensure lettuces are washed thoroughly, and dried as much as possible. Combine with other salad ingredients **EXCEPT** the feta.

Remove portions for the (6?) vegans before adding feta to the main salad.

Mix ingredients to make a tasty dressing.