

## Pot roast vegetables in red wine recipe

Takes 15 minutes to make, 25-30 minutes to cook |



### Ingredients

500g carrots

500g beetroot

4 tbsp olive oil

1 1/2 tbsp coriander seeds, crushed well Small handful of fresh thyme sprigs

150ml red wine

Large handful of fresh coriander leaves, chopped

### Method

1. Scrub the carrots (no need to peel) and beetroot well, trim, top and tail them and cut off any stringy bits. Peel the beetroot, then chop the carrots and beetroot into 4cm chunks.

2. Heat the oil in a large sauté pan (big enough to fit the vegetables in an almost single layer) over a moderate heat. Add the beetroot, carrot, coriander seeds and thyme sprigs. Season, then cook, turning the veg regularly, for 8-10 minutes.

3. Add the red wine and bring to the boil, then reduce the heat, cover the pan with a lid and simmer gently, shaking the pan occasionally, for 15-20 minutes or until the vegetables are tender.

4. Remove from the heat and stir in the chopped coriander. Cover and leave for 5 minutes and then serve.