



Thyme-roasted

RED ONIONS

INGREDIENTS

4 red onions, peeled
2tbsp olive oil
10 sprigs thyme
Pinch of salt
Aluminium foil

METHOD

Cut about ½ cm off each end of the onion and then cut the onion in half vertically. You should have more or less 2 x 2cm-thick slices. Keep the off cuts for the beef dish.

Coat each onion slice with olive oil, sprinkle with a pinch of salt and place a sprig of thyme on top.

Place the onions in a roasting tray and cover with foil.

Roast the onions at 180°C for 30 minutes, then remove the foil and roast for a further 30 minutes uncovered.

Crumble the dried thyme sprigs and top with the remaining fresh thyme leaves just before serving.