



# Roasted Broccoli & Green Beans

Visual Recipe  
by DAREBEE  
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	MICROMEAL	REGULAR	DOUBLE
frozen broccoli	1 cup - 150g	2 cups - 300g	2 cups - 300g
frozen green beans	1 cup - 150g	3 cups - 150g	4 cups - 200g
bell pepper	1	1	2
onion	1	1	1

**LEVEL UP!** Add 1 tsp cayenne pepper and 1 tsp garlic powder.  
Add mustard for garnish.

## INSTRUCTIONS

1. Break the green beans into bite-size pieces. Clean and cut bell peppers and onion into bite-size pieces. Preheat the oven to 400°F (200°C). Place the frozen broccoli, green beans, peppers and onions on top of a baking tray lined with baking paper in a single layer. Sprinkle with spices and season for taste.
2. Roast in the oven for 20 minutes.
3. Transfer to a plate.
4. Drizzle with mustard or hot sauce, for taste.

