



ROAST PARSNIPS & CARROTS

SERVINGS: 8 PORTIONS

Cooking Method

- 1 Preheat your oven to 220C.
- 2 Pour the oil and maple syrup into a roasting tin and put into the oven.
- 3 Clean and trim the parsnips and carrots, cutting the parsnips length-wise.
- 4 Now put the vegetables into the roasting tin and stir to cover with the fat.
- 5 Roast until browned, occasionally turning them.



Ingredients

800g parsnips
800g carrots (preferably the smaller ones with stalks on)
200ml light olive oil
3tbsp maple syrup
Pink Himalayan rock salt to season

