

Honey & mustard roasted parsnips

Serves 2



Ingredients

- 4 medium parsnips, peeled and sliced into large chunks
- 1 teaspoon wholegrain mustard
- 2 teaspoons honey
- 1 teaspoon mixed herbs
- 1 tablespoon of vegetable oil

Method

1. Preheat the oven to 200°C/400°F/gas 6
2. Place parsnips in a saucepan of cold water, bring to the boil and simmer for 5 minutes.
3. In a medium sized bowl, mix all the remaining ingredients together.
4. Drain the parsnips and add to the mixture in the bowl. Mix well.
5. Transfer the parsnips to an ovenproof dish.
6. Put into the preheated oven and roast for 40-50 minutes, stirring halfway through, until tender and golden.