



**Great root winter vegetables are carrot / parsnip / turnip / beetroot / celeriac**

**Root vegetables are tough so they need extra baking / roasting time**

**TIPS: Slice thinly for cooking**

**TIPS: Par boil (except beetroot) the vegetables for 5 minutes to save some roasting time**

**TIPS: Use olive oil instead of butter – Use balsamic vinegar and less honey for less calories.**

#### **INGREDIENTS:**

- Olive Oil
- Red Onion or 1-2 shallots and / or 1-2 cloves garlic
- Fresh herbs (parsley / rosemary / thyme / tarragon) are good festive herbs. Use dried if you can't get fresh
- Balsamic Vinegar
- Good quality honey

#### **METHOD:**

- Prepare your vegetables, when ready for roasting place all in a bowl and add olive oil , onion, garlic, herbs, seasalt, black pepper a dash of balsamic vinegar and 1-2 tsp of good quality honey. Mix well
- Place on a roasting dish evenly spread out
- Cover with foil to avoid burning (leave off the foil for the last 10 minutes for crispiness and a slight browning )
- Roast for 35-40 minutes (check and cook until a knife goes through easily)