



Honey Glazed Parsnips

Chef's Tip:

Parsnips should be boiled before cooking to ensure they are tender and delicious

Ingredients

- 500g parsnips
- 1 tbsp lemon juice
- 1 tbsp butter
- 2 tbsp honey
- 1 tsp sesame seeds (optional)

Method

Preheat oven to 180-200 °C. Peel then top and tail parsnips and cut into sticks. Cook parsnips in boiling salted water until just tender. Drain. Add honey, lemon juice and butter. Shake saucepan so mixture coats parsnips evenly. Spread onto a baking tray and spray liberally with cooking oil. Roast in the oven for 15 minutes until nicely browned.

Optional: add sesame seeds to parsnips in the last 5 minutes of roasting and serve with chopped parsley for added flavour and colour.

So sweet. So fresh. So tasty!

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