



JUNE 2024

roasted root vegetable medley

Serving Suggestion:

Serves 4 as a side dish.

Prep Time:

10 minutes

Cook Time:

25-30 minutes

Ingredients

2 large carrots, peeled and cut into chunks

2 parsnips, peeled and cut into chunks

1 large sweet potato, peeled & cut into chunks

2 tablespoons olive oil

2 cloves garlic, minced

1 teaspoon fresh rosemary, chopped
(or 1/2 teaspoon dried rosemary)

Salt and pepper to taste

Method

- Preheat your oven to 200°C.
- In a large bowl, combine the carrots, parsnips, and sweet potato chunks.
- Drizzle with olive oil and add the minced garlic and rosemary. Toss to coat evenly.
- Spread the vegetables in a single layer on a baking sheet.
- Season with salt and pepper.
- Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and golden brown, stirring halfway through.
- Serve hot as a side dish or enjoy as a healthy, standalone meal.

This Roasted Root Vegetable Medley is a simple, hearty winter dish that's full of flavour and easy to prepare. Perfect as a side or a main course, it's sure to warm you up on a cold day.

