

Q Recipe card

NAME OF DISH: MISO & HONEY ROASTED PARSNIPS

SERVES: 6

PREP TIME: 15 MINS

COOK TIME: 45 MINS



INGREDIENTS

410093 Vegetable Oil

704019 Quartered Parsnips (Prepared)

999105 Essential Miso Paste

212037 Blossom Honey (Squeezy)

252305 Cooking Salt

422050 Chefs Selections Cracked Black Pepper

DIRECTIONS

Step 1. Heat the oven to 200C/180C fan/gas 6. Drizzle the oil into a deep roasting tin and put in the oven to heat up. Bring a pan of salted water to the boil and boil the parsnips for 4-5 mins until starting to become tender. Drain well and steam-dry for 8-10 mins.

Step 2. Tip the parsnips into a bowl, pour over the miso and honey, and season well with salt and pepper. Stir well to coat the parsnips in the glaze. Remove the tin from the oven and carefully tip in the parsnips, basting them in the hot oil before roasting for 20 mins. Remove from the oven and baste again, then roast for another 10-20 mins until golden.