

## Honey-roasted parsnips



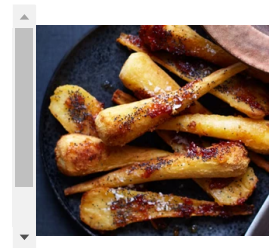
Prep: 5 mins  
Cook: 50 mins



Easy



Serves 8



### Ingredients

500g parsnips

1 tbsp flour

1 tbsp honey

2 tbsp sunflower oil

2 tbsp butter

### Method

- Step 1** Top and tail 500g parsnips, cutting any larger ones in half lengthways, then put in a large saucepan, cover with salted water, bring to the boil and cook for 5 mins.
- Step 2** Drain in a colander and let them steam-dry for a few mins.
- Step 3** Heat oven to 190C/170C fan/ gas 5.
- Step 4** Sprinkle 1 tbsp flour and 1 tbsp honey over the parsnips and toss to coat.
- Step 5** Put the parsnips in a roasting tin with 2 tbsp sunflower oil, 2 tbsp butter and seasoning.
- Step 6** Roast for 40 mins, turning halfway, until golden.