

Roasted parsnips, pears and leek



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Preparation: about 20 minutes

Cooking: about 30 minutes

Serves: 4

This delicious combination of roasted parsnips, pears and leek teams really well with roast pork or chicken.

750g medium parsnips, peeled, halved lengthways and cut into chunky pieces

2 firm Beurre Bosc pears, peeled, cut into eighths lengthways and cored

1 leek, trimmed, halved lengthways and cut into 2cm-thick slices

50ml olive oil

1 tbs caramelized balsamic vinegar

Salt and ground black pepper

1. Preheat oven to 200°C/180°C fan-forced. Line a large roasting pan with non-stick baking paper, allowing 2-3cm baking paper to extend up the sides of the pan.
2. Place parsnips, pears and leek in pan. Combine oil, vinegar and salt and pepper in a jug. Whisk to combine. Drizzle mixture over vegetables and toss to coat in mixture. Roast for 15 minutes. Toss and roast for a further 10 minutes. Increase temperature to 220°C/180°C fan-forced and roast for 5-10 minutes or until golden and serve.



Parsnips

- A top source of dietary fibre which helps keep the intestine healthy.
- A good source of potassium, which is important to counterbalance sodium from salt in our diets.
- Provides vitamin C, the anti-infective vitamin and also several of the B complex vitamins, including biotin which plays a role in the way our bodies use carbohydrates.