

Honey parsnips and carrots

- 4 parsnips, peeled, cut diagonally into 3cm lengths
- 4 carrots, peeled, cut diagonally into 3cm lengths
- 1 tbs olive oil
- 2 tbs honey
- 2 tsp wholegrain mustard

Preheat oven to 180 °C. Place the parsnip and carrot in a baking tray and drizzle with oil. Season with salt and pepper. Bake in preheated oven, turning occasionally, for 25 minutes or until carrots are tender.

Place the honey and mustard in a small bowl and whisk lightly with a fork until combined. Drizzle over the carrot mixture. Roast for a further 5-7 minutes or until vegetables start to caramelise. Remove from oven.

Spoon the carrot and parsnip into a serving bowl. Serve immediately.