

VS10

## **ROOT VEGETABLE TANGLE**

Source: The Times Magazine

Serves 2



- Potatoes – 250g
- Parsnip - 1
- Carrots – 2 large
- Onion – 1
- Olive oil – 5 TBSP
- Rosemary – 1 heaped TBSP
- Pumpkin seeds – 2 TBSP

- 1.** Set the oven at 200°C (fan oven 180°C)
- 2.** Shave Potatoes, Parsnip and carrots with a vegetable peeler. Peel and finely slice the onion into rings.
- 3.** Toss the potatoes, parsnips and onion in a large mixing bowl with the rosemary leaves, olive oil and pumpkin seeds, then tip onto a baking sheet.
- 4.** Spread out into a shallow layer.
- 5.** Bake for 20 minutes, till tender and lightly crisp on the edges.

*Serve as light main or a side dish for any grilled fish*