

Recipe



Roasted veggies

PREP TIME: 15 MIN

COOK TIME: 15 MIN

Ingredients

- 2 carrots
- 1 parsnip
- 2 beetroots
- 2 brown onions
- salt
- pepper
- 3 tbsp olive oil
- 1 tbsp honey

Steps

1. Pre-heat oven to 200 degrees celsius.
2. Peel and wash parsnips and carrots. Cut them long in quarters.
3. Peel beetroot and onion. Cut them into big chunks.
4. Add 2 tbsp oil and honey to carrots. Add salt and pepper. Mix well.
5. Add 1 tbsp oil, salt and pepper to onions, parsnips, and beetroot.
6. Place on a lined baking tray and bake for 15 minutes.
7. Serve as a side or main dish and enjoy!

Notes

