

Honey Roasted Root Vegetables



This recipe is very flexible. We used our favourite root veggies, so feel free to use your own favourites. This is the perfect dish to bring to your next family dinner or potluck.

1 hour

TOTAL TIME

15 mins

PREP

Serves 6 to 8

YIELD

Ingredients

2 parsnips

2 sweet potatoes

2 handfuls of baby potatoes

3 colourful carrots

3 or 4 tablespoons olive oil

2 sprigs of rosemary

1 tablespoon butter

3 teaspoon White Raw Honey

Salt and pepper to taste

Directions

1. Preheat oven to 400 °F
2. Wash and peel all vegetables, then chop into similar sizes for even cooking. Place veggies in your favourite roasting dish or pan and generously coat them in olive oil.

3. Strip two sprigs of rosemary and chop the leaves. Sprinkle the rosemary, salt and pepper on top. Roast at 400 °F for 40 minutes, tossing the mixture often.
4. Remove dish from the oven – carefully spoon White Honey and Butter on top. Place dish back in the oven and allow the butter and honey to melt.
5. After 5 minutes, toss and allow mixture to coat all vegetables in the honey and butter. Bake for 15 more minutes, or until all vegetables are tender.

Did you make this recipe?

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