

Honey Roasted Vegetables



You will need:

- 1 kg butternut squash
- 750 g carrots
- 500 g parsnips
- 500g beetroot
- ½ a bunch of fresh rosemary (approx. 150g) - Optional
- ½ a bulb of garlic - Optional
- 1 tbsp olive oil
- 1 tablespoon runny honey
- 1 tbsp balsamic vinegar

How to make:

- Preheat the oven to 190°C/375°F/gas 5.
- Bring a pan of salted water to the boil. Peel the butternut squash, parsnips and carrots, and scrub the beetroot.
- Cut vegetables into even sized cubes.
- Place the beetroot in the pan of boiling water and par boil for 10 minutes. Drain.
- Place all the vegetables in a large roasting tray.
- Break up and scatter the garlic cloves, unpeeled, over the vegetables with a drizzle of olive oil, and a pinch of sea salt and black pepper.
- Roast the veg in the hot oven for 30 minutes, giving them a turn every so often.
- Take the tray out of the oven and drizzle the honey over the vegetables and the balsamic vinegar over the beetroot. Then return to the oven for a further 10/20 minutes until all the vegetables are soft in the middle and crispy on the outside.

Children love these sweet, crispy vegetables and you can leave out the salt and pepper, garlic and rosemary if your children are not keen, or add them to one half of the tray for the adults and leave the other half of the tray, unseasoned for the children.