



Roasted Parsnips with Maple & Thyme

Crispy and sweet, a roast dinner favourite

Serves: 4

Prepare: 5 Minutes

Cook: 35 Minutes

Difficulty: easy

Ingredients

- 500g parsnips
- 2 tbsp [organic fat](#)
- 3 tbsp maple syrup
- 3 sprigs of fresh thyme
- 1 tsp sea salt

Method

1. Preheat your oven to 200°C whilst you prepare your parsnips
2. Peel your parsnips and quarter them lengthways
3. In a large pan, spoon in the organic fat
4. Pop your pan in your oven and roast until your tallow is melted and approaching smoking hot
5. Rub your parsnips all over with your salt and carefully add them to your hot tray. They will sizzle so add a few at a time
6. Begin roasting them in the oven
7. After 20 minutes, remove your tray from the oven and pour over your maple syrup and scatter over the leaves from your thyme. Give your pan a good shake. Return it to your oven for a further 15 minutes or until your parsnips are golden brown and crisp, but not overly coloured
8. Taste one, and season with more salt to taste