



Organic Roast Parsnips with Garlic and Rosemary

Parsnip are rich in vitamin C and Vitamin B which cannot be stored in the body, so for a 'HealthierYou' use parsnips as one of the veggies to ensure a regular daily intake for overall health!

Credits: Ceri, Zenxin organic master chef

Key facts

Preparation time: 10 mins
Cooking time: 10+ 40 mins
Serves: 4-5pax

Ingredients

- French sea salt
- 600g organic parsnips
- 1 ½ heads of organic Morado garlic
- Drizzle of Spanish organic cold-pressed extra-virgin olive oil
- Sprigs of organic fresh rosemary

Method

1. Pre-heat the oven to 190°C and boil a saucepan water with a pinch of sea salt.
2. Peel and cut the parsnips into bite size pieces and add to boiling water and cook briefly for 10 minutes. (Reserve the water to use for soup later.)
3. Prepare an oven tray with baking paper and drizzle over the olive oil. Break the garlic into cloves and add to the tray. They can be roasted in their skins.
4. Drain the parsnips and add to the tray with the sprigs of rosemary and a pinch of sea salt. Place tray in the centre of the oven.
5. Turn everything after 20 mins to roast evenly. Discard the baked rosemary and garnish with sprigs of fresh rosemary. Serve hot!