Dinner

Golden Parmesan Roast Parsnips with Thyme

Quartered parsnips are parboiled, coated in melted spread and roasted until golden with a savoury Parmesan and thyme crust.



Low sugar

40 min	93	10.5 g	4.8 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 700 g parsnips, peeled and quartered
- [ ] 1 tbsp polyunsaturated spread, melted
- [ ] 2 tbsp Parmesan cheese, grated
- [ ] 1 tsp fresh thyme
- [ ] freshly ground black pepper

Method

- [ ] **1** Bring a pan of water to the boil and parboil the parsnips for 5 minutes.
- [ ] **2** Drain the parsnips well, return them to the pan and toss them in the melted polyunsaturated spread.
- [ ] **3** Tip into a roasting tin, scatter the grated Parmesan cheese and fresh thyme over the top, then season generously with freshly ground black pepper.
- [ ] **4** Roast at 200C, gas mark 6, for 25-30 minutes until the parsnips turn golden and tender.

Nutrition Facts

Per serving

Calories	**93**
Total fat	3.2 g
Saturated fat	1.2 g
Sodium	Not listed
Total carbs	10.5 g
Fiber	4.1 g
Total sugars	4.8 g
Protein	2.9 g

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