

## SPICY ROAST PARSNIPS



Roast parsnips may well be the ultimate winter food and we've taken a Sunday roast classic and added a little Indian spice. A member of the carrot family, parsnips are known for their sweet, mild and earthy flavours. They're also a great source of vitamins C and K as well as potassium and other micronutrients. What more reason then do you need to try this delicious recipe for your next Sunday roast? If the benefits of parsnips don't tempt you then perhaps the tangy, spicy flavours of the chutney will! It's a taste sensation that is the perfect complement to chicken, turkey, nut roast and pork.

Serves 4
 Prep 5 mins
 Cooking 30 mins
 Medium
 Vegetarian

### INGREDIENTS

- 1 tbsp vegetable oil
- 2 tbsp Geeta's Premium Mango & Ginger Chutney
- 500g parsnips, peeled (use whole slim and slender parsnips or slice them lengthways)

### METHOD

1. Heat oven to 200C/180C fan/gas 6.
2. In a large bowl, mix the oil with the chutney.
3. Add the parsnips and toss them to ensure they are thoroughly coated.
4. Spread the parsnips onto a baking tray, season lightly and bake in the oven for 30 mins or until soft and browned.

### USED IN THIS RECIPE



Sale

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### PREMIUM MANGO & GINGER CHUTNEY

Made with mangoes, chopped ginger and aromatic spices.

## EXPERIMENT WITH FLAVOUR

We recommend our Premium Mango & Ginger Chutney for this recipe, but parsnips will go equally well with Pomegranate & Mango, Mango & Chilli or even our Tamarind Chutney. You can also swap out the parsnips for other root vegetables such as potatoes, sweet potatoes and carrots.

## YOU MAY ALSO LIKE



### CHUNKY VEG CIABATTAS WITH GEETA'S LIME & CHILLI...

Enjoy delicious vegetables and caramelised onions served on a toasted Ciabatta or your favourite buttered crusty roll.



### PULLED PORK NAANWICH

Pulled pork is the ultimate street food and evokes thoughts of summer BBQs. This is a great recipe to plan ahead for a weekend get together.



### CHEESE & ONION CHUTNEY TOASTIE

Nothing beats the oozy melted cheese and sweet onion chutney flavours of a toastie done right!

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