



Curry Spiced Parsnips and Potatoes

List of ingredients

500g potatoes, washed
500g parsnips, peeled
2 Tbsp oil
1 clove garlic peeled and crushed
½ - 1 Tbsp curry powder

How to cook the dish

Preheat oven to 200°C.
Cut potatoes and parsnips into 3-4 cm chunks.
Put oil in shallow roasting dish, add vegetables and then sprinkle in the curry powder.
Toss veges to coat with oil and curry powder.
Roast 40 minutes until golden and crisp.
Stir occasionally.
Stir in the garlic and return to the oven for 2-3 minutes.

Tips:

- Serve with simply cooked chicken - since you have the oven on roast the chicken (put in 1 hour before the vegetables).
- Serve as a dish on its own accompanied by plain unsweetened yoghurt and pita bread.