SHOPPING LIST

# Honey-Roasted Roots with Garlic Mint Yoghurt

Serves 4

### Roots

- [ ] 800 g mixed root vegetables (carrots, parsnips, beetroot, sweet potato), cut into 3 cm pieces
- [ ] 3 tbsp olive oil
- [ ] 1 tsp cumin seeds
- [ ] 4 sprigs fresh thyme
- [ ] 1 tsp salt
- [ ] 2 tbsp honey

### Garlic mint yoghurt

- [ ] 200 g thick yoghurt
- [ ] 1 small garlic clove, grated
- [ ] Zest of half a lemon
- [ ] 1 tbsp chopped fresh mint
- [ ] A pinch of salt

Tick off what you already have at home.