HEARTY & GROUNDING

Honey-Roasted Roots with Garlic Mint Yoghurt

PREP	COOK	SERVES
15 min	40 min	4

Vegetarian

Carrots, parsnips and beetroot roasted with thyme and honey, served with a cool garlic-mint yoghurt.

Ingredients

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

Method

1. Heat the oven to 210°C (190°C fan). Put a large baking tray in to heat.
2. Toss the vegetables with the olive oil, cumin, thyme and salt. Spread on the hot tray in a single layer.
3. Roast for 30 minutes, turning once, until tender and browned at the edges.

4. Drizzle over the honey and roast for 8 to 10 more minutes until sticky.
5. Stir the yoghurt with the garlic, lemon zest, mint and a pinch of salt.
6. Serve the roots warm with the yoghurt spooned over or on the side.

Cook's tip

Cut the vegetables to a similar size, and keep the beetroot on its own side of the tray so it does not stain everything pink.