

ROAST POTATOES AND PARSNIPS

Deliciously dry-roasted so you get all the flavour with none of the fat.

Serves 6

Per serving: 106 calories, 0.9g fat

Preparation time: 20 minutes

Cooking time: 60 minutes

INGREDIENTS

450g (1lb) potatoes, peeled

8 medium parsnips, peeled and left whole

2 vegetable stock cubes

1 tbsp soy sauce diluted in 2 tbsps of water (optional)

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6. Cut the potatoes in half and trim the tops from the parsnips.
2. Cook the potatoes and parsnips separately in boiling water containing the stock cubes for 5 minutes. Drain.
3. Place in separate non-stick roasting tins and baste with the diluted soy sauce if desired.
4. Place in the top of the oven for 35 - 40 minutes for parsnips and 60 minutes for potatoes until golden brown. You can baste the vegetables with the diluted soy sauce if they appear to dry out. This will also give them a golden colour.

