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## Waitrose

### Roast Parsnips

Like roast potatoes, roast parsnips need to be cooked in hot oil, ideally at the same time as the potatoes are cooking and while the turkey is resting.

#### Ingredients

- 3 tbsp sunflower oil
- 1kg parsnips

#### Method

1. Preheat the oven to 200°C, gas mark 6. Place the oil in a roasting tin and heat in the oven. Meanwhile, peel the parsnips and cut - depending on their size - lengthways in half or quarters to form even-sized pieces.
2. Carefully place the parsnips into the hot oil, and turn to coat. Roast for 40-45 minutes, until golden, turning halfway through.

#### Cook's tips

As a shortcut, use a 750g bag frozen Waitrose Roasting Parsnips, 2 x 400g packs Waitrose Honey Glazed Parsnips or 2 x 400g packs Waitrose Root Vegetable Medley, available from the chiller cabinet.

Prepare the parsnips a day ahead and store in the fridge in a sealed plastic bag, with the air removed, until ready to use.

#### Notes on ingredients

Follow the recipe above and, 10 minutes before the end of cooking time, season the parsnips and drizzle with 3-4 tablespoons Waitrose Greek Honey. Return to the oven and cook until golden and sticky.

This recipe was first published on Waitrose.com in December 2004



Preparation time: 5 minutes  
 Cooking time: 40 minutes to 45 minutes  
**Total time: 45 minutes to 50 minutes**

**Serves: 8**

4 stars out of 5

Average user rating  
 Based on 136 ratings

#### Nutritional Info

Typical values per serving:

<b>Energy</b>	134.0kcal
<b>Fat</b>	7.2g
<b>Saturated Fat</b>	1.0g
<b>Salt</b>	trace