

Honey Roast Parsnips with Feta, Spinach and Toasted Sesame Seeds

You'll need:

3 parsnips
2 tablespoons honey
1 tablespoon butter or oil
1 block feta
200g spinach, washed
handful sesame seeds
salt and pepper

1. Peel the parsnips and carefully cut into medium sized chunks. Place into a mixing bowl with the honey, butter or oil and a pinch of salt and pepper. Place into a pre-heated oven at 180° for 15-20 minutes, or until the parsnips are fully cooked and are golden brown.
2. Place them in a large bowl and add the raw spinach, crumble in the feta and mix well.
3. Place the sesame seeds onto a baking tray and toast in the oven for 3-5 minutes until golden brown.
4. Add the sesame seeds into the bowl and mix well. Serve immediately whilst warm.