

Special Roasted Vegetables

These were so good I was asked to make them for Christmas day itself.

English¹

Ingredients

- 450 g potatoes peeled and cut to 1cm size
- 2 carrots peeled and cut to 2 cm
- 2 parsnips peeled and cut to 1 cm slices
- 2 leeks tailed and stripped of outer layer and cut to 2 cm slices
- 4 cloves garlic
- 60 ml **FAIRTRADE** Palestinian olive oil
- 30 ml **FAIRTRADE** runny honey
- 5 ml **Fair Trade** dried mixed herbs
- 2 bay leaves
- FAIRTRADE** ground black pepper
- pinch of salt.
- 5 ml **FAIRTRADE** lemon juice
- 10 ml **FAIRTRADE** lime juice

Trade ground black peppercorns.

Coat the veg with the honey herb mixture and return to the oven for a further 30 minutes at Gas Mark 6. When done, turn the veg onto a serving tray and sprinkle on the lime juice and season with salt and **Fair Trade** ground black peppercorns.

To serve

Serve with Christmas dinner.

Variation

None

Method

Put some water on to boil while you prepare the veg.

Blanch the potatoes and parsnips in the boiling water for about a minute.

Put the oil and garlic on a roasting tray (spread the oil out)

Drain the potatoes and arrange on the tray.

Bake in the oven (preheated) at Gas Mark 9 for 5 minutes, then turn down to 6 for 25 minutes.

Meanwhile mix the lemon juice with the honey and herbs and season this mix with salt and **Fair**

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>