



Roasted Parsnip and Sweet Potato Medley with Free Range Egg & Chia Seeds

Parsnips are, in our opinion, totally underrated. This is a really easy dish to prepare - just throw everything in the oven, relax for 20 minutes, fry your egg and serve!

Nutritional Info

Calories: 313 kcal
Carbohydrates: 37 g
Protein: 12 g
Fat: 7.9 g

Ingredients

- Parsnip
- Sweet Potato
- Fresh Parsley
- Fresh Thyme
- Red Onion
- Garlic
- Chia Seeds
- Egg

Your Pantry

- Olive Oil

Allergens


Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven**

Turn your oven to 180°C.

2) **Prepare the Vegetables**

Dice the parsnip, sweet potato and red onion into 1 cm squares. Crush the garlic and finely chop the thyme.

3) **Place Vegetables in a roasting tray**

Toss the vegetables with some olive oil, crushed garlic, thyme and chia seeds. Roast for 20 to 25 minutes.

4) **Remove vegetables from the oven & fry Egg**

Once the vegetables are cooked, fry the egg in some oil.

5) **Plate the dish**

Add some chopped parsley to the cooked vegetables and serve on a plate with the fried egg on top.



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