



Roasted Lemon Brussels Sprouts

250g Brussels Sprouts
1 tbsp Olive Oil
Zest of 1 Lemon
1 tsp Paprika
Fresh Herbs: Thyme, Sage, Rosemary
Salt and Pepper

- Preheat the oven to 200°C.
- Peel and wash the Brussels sprouts.
- Combine the olive oil, paprika and lemon zest.
- Drizzle the olive oil mix onto the Brussels sprouts.
- Sprinkle with fresh herbs and season with salt and pepper.
- Roast for 15 minutes, or until golden.

Maple Glazed Carrots and Parsnips

3 Carrots
3 Parsnips
2 tbsp Olive Oil
2 tbsp Maple Syrup
Fresh Herbs: Thyme, Sage, Rosemary
Salt and Pepper

- Preheat oven to 200°C.
- Peel and chop the carrots and parsnips.
- Put the vegetables in a roasting dish and pour over the olive oil and maple syrup.
- Season with fresh herbs, salt and pepper.
- Roast in the oven for 25 minutes, or until tender and golden.

