

PARSLEY ROOT FRIES

Serves 2-3

INGREDIENTS:

700g Parsley Roots (approx 3 large roots)

High heat cooking oil

Salt & Pepper for seasoning

Fresh Rosemary (Optional)

DIRECTIONS

Preheat the oven to 200°C/Fan 180°C

Peel the parsley roots and cut them into thin, french-fry sized sticks.

Drizzle some oil over the sticks, season with the salt, pepper and rosemary (if using) and mix well.

Roast for 25-30 minutes - turn the fries half way through to ensure an even cook. The fries should be golden on the outside and tender on the inside.

Enjoy immediately!