

Christmas Veggies

Roasted carrots & parsnips

A great source of vitamin A, Potassium and fibre

4 carrots & 4 parsnips (peeled and sliced lengthways)

2 tablespoons of olive oil

2 tablespoons of runny honey

1½ tablespoons of mustard

½ teaspoon of sesame seeds

1. Preheat the oven to 190°C/gas 5
2. Put the sliced carrots and parsnips into a pot of boiling water and cook for 5 minutes.
3. Drain and leave to dry for 10 minutes
4. Then place in a baking tray with the olive oil, honey and mustard
5. Roast in the oven for 40 minutes until they vegetables begin to soften and caramelise.
6. Put them into your serving dish and sprinkle over the sesame seeds.





Brussels sprouts with pancetta and toasted almonds

A good source of vitamin C and folate

600g of Brussels sprouts

500g of pancetta or streaky bacon (diced)

1 tablespoon of olive oil or butter

2 tablespoons of toasted flaked almonds

Ground black Pepper

1. Bring a pot of water to boil
2. Wash the Brussels sprouts and remove any outer leaves if necessary (if they are bruised)
3. Place the sprouts in a **metal** colander, sieve or a steamer and steam over the pot of water with a lid on for 10-12 minutes for a large batch or until they are tender. **Be** Careful with handles when you have finished steaming the sprouts, use a cloth/tea towel to pick it up and drain!
4. In a frying pan or small pot, fry the bacon in the olive oil until crispy
5. Drain the sprouts and mix with the bacon. Place into a serving dish and sprinkle over the toasted almonds and a pinch of pepper.

Mashed-up mash potatoes

A great source of vitamin C and Vitamin K

2 large potatoes per person

3 broccoli florets per person

2 tablespoons of butter

3 tablespoon of fresh cranberries

Salt and pepper

1. Peel and chop the potatoes
2. Wash and chop the broccoli
3. Bring a pot of water to the boil
4. Add in the potatoes and boil for 20-25 minutes until tender
5. Place a steamer or a colander over the pot of potatoes and steam the broccoli for 10 minutes until tender
6. In a separate pot on a low heat, cook the cranberries with 2 tablespoons of water until they become tender.
7. Drain the potatoes, mash with the butter and salt and pepper
8. Mash the broccoli in a bowl and mix in with the mashed potato
9. Place in a serving dish and spoon the cranberries over the top

