



## Sesame Roasted Parsnips & Cous Cous

### What to collect

Ingredients	Equipment
1 large parsnip, cut 1cm cubes	bowl
1 clove garlic, minced	garlic mincer
1 tablespoon olive oil	tray lined with baking paper
2 teaspoons sesame seeds	chopping board
2 teaspoons honey	knife
½ teaspoon sea salt	metric measuring spoons/ cups
1 tablespoon soy sauce	
2 tablespoons coriander, leaves only, chopped	
2 cups couscous, cooked	

### What to do

1. Preheat oven to 180C.
2. Place cut parsnips in a bowl and add minced garlic, olive oil, sesame seeds, honey and sea salt. Toss until well combined.
3. Spread parsnips on a tray lined with baking paper and roast for 25-30 minutes until caramelised and parsnips are tender.
4. Cook couscous according to packet instructions.
5. Serve parsnips over cooked couscous.