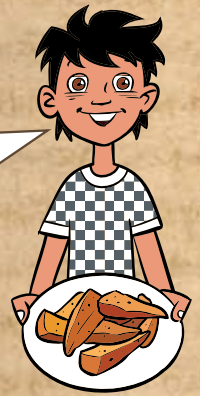


Mixer's root vegetable wedges

Root vegetables such as parsnip, carrot and turnip are in season in winter.



Equipment: • knife • cutting board • mixing bowl • tablespoon • teaspoon • baking tray • small bowl • plate

Ingredients (serves 4): • 1 large potato • 1 sweet potato • 2 large parsnips • 2 large carrots • 1 tablespoon olive oil • 1 teaspoon dried rosemary • 1 teaspoon dried oregano

Ingredients for the dip: • 150g fat-free fromage frais • 1/2 tablespoon milk • 1 teaspoon lemon juice • 1 pinch dried parsley • 1 pinch dried basil • 2 tablespoons snipped chives

Preheat the oven to 200°C/400°F/Gas Mark 6

1



First, scrub the potato, sweet potato and parsnips and peel the carrots. Ask an adult to help you cut all the vegetables into wedges. Put the wedges into a mixing bowl. Add the olive oil, rosemary and the oregano and mix with your hands.

2



Next, spread a little olive oil on the baking tray. Put the vegetable wedges on the tray. Ask an adult to put the tray in the oven for about 30 minutes, until the vegetables are soft.

3



Now, to make the dip, mix together the fromage frais, milk, lemon juice, parsley and basil. Put in a small bowl. Sprinkle the snipped chives on top.

4



When the root vegetable wedges are cooked, lay them out on a plate. Enjoy your wedges with some tasty dip!

Root vegetables grow underground

