

Low FODMAP Parmesan & Thyme Roasted Parsnips

Serves: 8

Prep: 20 minutes

Cook: 40 minutes



Ingredients	Metric	Imperial
6 tbsp polenta (cornmeal)	90 g	3.2 oz
Parmesan, grated	100 g	3.5 oz
1 tbsp thyme leaves		
2kg Parsnips, quartered and core removed	2000 g	70.5 oz
6 tbsp olive oil		
Parsley, roughly chopped		

Method

1. Preheat the oven to 220C/430F
2. Combine the polenta, parmesan and thyme in a large bowl, and set aside.
3. Bring a pot of salted water to the boil, add the parsnips and cook for 6 mins or until just tender. Drain.
4. While parsnips are still hot, toss in the parmesan mixture to coat.
5. Set a roasting tin over the stove top and heat up the olive oil. Add the parsnips and coat in the oil.
6. Move the tin to the oven and roast for 30 mins, turning halfway through
7. Sprinkle with parsley and serve

Nutrition Information (per serve)	
Energy	1424 Kj / 340 cal
Protein	9.94g
Carbohydrates	28.91g
Sugar	10.29g
Total Fat	18.70g
Saturated Fat	4.85g
Fibre	8.47g