

THIS MONTH'S RECIPE
HOT ROASTED ROOTS

Ingredients

4 medium carrots	2 cm piece root ginger
2 leeks	1 tsp cumin seeds
2 sticks celery	1 tsp coriander seeds
250 g swede	4 tbsp oil
1 large onion	Salt and pepper
6 garlic cloves	

Method

1. Wash and chop the carrots, leeks and celery into 2cm chunks. Peel and chop the swede and onion. Peel and finely chop the garlic and ginger. Mix these ingredients in a large roasting tray.
2. Lightly crush the cumin and coriander seeds and sprinkle over the top. Season with salt and pepper.
3. Drizzle over the oil. Roast in a preheated oven at 200C (400F) Mark 6 for 60 minutes, stirring occasionally.