



PARSNIP AND CARROT FRIES

Ingredients

For 2 portions

350g parsnip

250g carrots

Spices: turmeric and paprika

Olive oil

Steps

- 1.** Peel and wash the parsnip and carrots then cut them into the shape of fries.
- 2.** Place them in a salad bowl and add a spoon of olive oil, one of turmeric, one of paprika, season and mix evenly.
- 3.** Place the fries on a baking sheet lined with parchment paper and bake in a hot oven at 220°C for 35-40 minutes.