

Pan Roasted Vegetables

Ingredients

1 sweet onion quartered
1/2 head of cauliflower or Romanesco cut into florets.
1 cup brussels sprouts sliced in thirds
4 colorful carrots sliced on an angle
2 parsnips sliced on an angle
2 sliced garlic cloves
1 Tbsp olive oil
2 Tbsp melted butter
Sea salt & freshly ground pepper
Zest & juice from 1/2 lemon
2 Tbsp chopped parsley
drizzle best quality olive oil
salt & pepper

Instructions

1. Preheat oven 400
2. Toss all ingredients in first grouping in a bowl seasoning with salt & pepper last.
3. Roast on a heavy baking sheet 40-50 minutes, turning vegetables half way through cooking.
4. Combine last grouping of ingredients, sprinkle over roast vegetables and serve.

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