

# 5+ A DAY CARROT & PARSNIP FRIES



The  
**5+ A Day**  
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**Serves: 4**

**Preparation: 5 minutes**

**Cooking: 30 minutes**

### Ingredients

3 carrots, peeled & sliced  
3 parsnips, peeled & sliced  
2 teaspoons of mixed herbs  
2 tablespoons olive oil  
(or whichever oil you have on hand)  
Pinch of salt & pepper

### Method

- Turn oven to 180°C on fan grill
- Line a large baking tray with baking paper
- In a mixing bowl combine olive oil, mixed herbs, salt & pepper
- Lay carrot & parsnip fries out flat on the baking tray & top with herb mixture. Season with pepper
- Bake for 30 minutes in the oven or until crispy



Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.