

Mustard roasted fennel and carrot

Takes 1 hour, serves 4 as a side and uses a roasting tin

INGREDIENTS

2 Fennel bulbs, washed and quartered lengthways

600g carrots, washed, skin on, halved lengthways

3 tbsp Olive oil

1/2 tsp cinnamon

1 tbsp brown mustard seeds

Salt and pepper

Lemon wedges to serve

DIRECTIONS

Preheat your oven to gas mark 5, 375°F, 191°C, 171°C fan.

Place the fennel, carrots, olive oil, cinnamon, mustard seeds and salt and pepper in a roasting tin. Mix well.

Place in the oven for 50 minutes, turning the vegetables half way.

Serve with lemon wedges.

