

# Crumbed Roots



**Serves 8**   **Prep 15 mins**

**Cooking 1h 15 mins**

**Easy**

## Ingredients

7 medium carrots  
7 medium parsnips  
1tbsp olive oil  
3/4 tbsp mustard

### For the crumb

2 tbsp olive oil  
75g fresh white breadcrumbs  
50g pecans, chopped  
1/2 tsp ground cinnamon  
butter shavings

1. Preheat the oven 190C/ 170C Fan/ Gas 5. Peel the carrots and parsnips and cut into quarters or sixths lengthways, depending on size (trim to shorter lengths if you prefer) Put into a large roasting tin and toss through the oil, mustard and seasoning.
2. Roast for 55 mins, tossing occasionally, until the veggies are tender and slightly caramelised. Transfer to an ovenproof serving dish. In a medium bowl, mix the crumb ingredients with some seasoning.
3. Scatter the crumb mixture over the vegetables, add some butter shavings and return to the oven for 15 mins until the crumb is golden and crisp.