



Prebiotic Tray Bake with Tahini Drizzle

4 servings

40 minutes

Ingredients

- 2 Heirloom Carrots (medium, cut in half, or regular carrots)
- 1 lb Jerusalem Artichoke (approx 4, chopped in half)
- 2 Parsnip (cut in half)
- 2 Leeks (washed and cut into 3 or 4 inch pieces)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Asparagus (washed and trim tough ends)
- 1 Red Onion (cut in half, or thick wedges)
- 2 tbsps Balsamic Vinegar (or Apple Cider Vinegar)
- 1 tsp Oregano (dried, or herb/spice of choice)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano (or herbs/spices of choice), salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

No Jerusalem Artichoke: Replace with 1/2 head Savoy Cabbage, cut in 1 inch wedges

Tahini Drizzle: Jazz up your veggies with a garlic tahini drizzle made with 3 tbsp tahini, 3 tbsp lemon juice, 2-3 tbsp water, 1 garlic clove crushed, pinch of Himalayan salt. Mix ingredients together with a whisk or fork.

Prebiotics: PREBIOTIC FIBRE is a non-digestible part of certain foods such as the vegetables in this recipe. Prebiotic fibre goes through the small intestine undigested and becomes food for healthy bacteria when it reaches the large colon.

Leftovers: Keep leftovers only one day in fridge. Reheat in a skillet or the oven, or in summer they can be eaten at room temperature.