

## Roast parsnips, carrots & brussels sprouts salad

(Serves 6)

Promote production of acetate and butyrate with this recipe rich in pectin.



### Ingredients:

- 3 medium parsnips, cut into chunks
- 3 medium carrots, cut into chunks
- 400g Brussels sprouts, halved or quartered
- 2 cups kale leaves, stems removed, hand shredded
- 2 tbsp olive oil
- 1 ½ tbsp maple syrup
- 1 tbsp fresh thyme leaves (or substitute for 1 tsp dried thyme)
- 1 tbsp almonds, roughly chopped
- Salt and pepper to taste

### Method:

1. Preheat oven to 200°C.
2. Place vegetables on large baking tray and add olive oil, maple syrup, thyme, salt and pepper to the vegetables and toss well.
3. Ensure the vegetables are spread in a single layer and roast for 30–40 minutes until cooked through and caramelised.
4. Add the roasted vegetables to a bowl with kale leaves and top with almonds. Toss ingredients together and serve.