

# Give it a try!

Roots & Vines 

## Winter roots and lemon roast



**Preparation time**  
Less than 30 mins

**Cooking time**  
30 mins to 1 hour

**Serves 4**

### Ingredients

- 750g/1lb 10oz Jerusalem artichokes
- 250g/9oz small potatoes
- good glug of olive oil
- 2 lemons
- salt and ground black pepper
- 2 large handfuls of fresh flat leaf parsley
- small lump of parmesan
- 100g/4oz tomato ketchup
- 1 tbsp Dijon mustard
- 30ml/1¼fl oz sherry vinegar
- 1 tbsp chopped fresh parsley

Preheat the oven to 200C/400C/Gas 6.

Give the artichokes and potatoes a good scrub (I don't bother peeling them). Cut them in half lengthways, then steam for 10-15 minutes, or until they are showing the first signs of tenderness.

Tip the steamed vegetables into a roasting tin. Pour in the olive oil and toss gently.

Halve the lemons and squeeze the juice of one and a half of them over the vegetables.

Tuck the empty lemon shells in around the vegetables. Season well and roast for 30-35 minutes, or until sticky around the edges.

To serve, spoon the vegetables onto plates and sprinkle over plenty of flatleaf parsley. Squeeze over the remaining lemon juice and add a few slithers of parmesan to each serving.

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