

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Roast vegetables + beet hummus

Simple, wholesome, delicious

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### Ingredients:

#### *Vegetables:*

Heirloom carrots, bunch 1  
Parsnip, bunch 1  
Extra virgin olive oil (EVOO) 1 tbsp

#### *Hummus:*

White beans (e.g. cannellini), rinsed 1 can  
Tahini 2 tbsp  
Lemon ½ ea  
Salt and pepper to taste  
Extra virgin olive oil (EVOO) 3 tbsp  
Small cooked beetroot 1

Prep: 15 mins

Cook: 20-25 mins

Serves: 2-4

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### Directions:

1. Pre-heat the oven to 180 degrees Celsius (356 F, gas mark 4) and line a baking tray with foil.
  2. Wash and dry the carrots and parsnips, then coat with EVOO.
  3. Roast in the oven for 20-25 minutes until soft.
  4. Meanwhile make the hummus by adding all the ingredients to a food processor and blitzing until smooth.
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