



# BAKED CARROT AND PARSNIP RIBBONS

**Season:** All year  
**From the garden:** Carrots, parsnip  
**Type:** Snack  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 30 tastes  
**Source:**

## Equipment

- \*vegetable peeler
- \*large bowl
- \*measuring spoon
- \*baking trays
- \*spatula

## Ingredients

- \*2-3 medium carrots
- \*2-3 medium parsnips
- \*2 tbsp oil
- \*1 tsp ground paprika
- \*1 tsp salt, pepper to taste

## Method

1. preheat oven to 200 degrees
2. give the carrots and parsnips a good scrub
3. shave the carrots and parsnips into thin ribbons, using a vegetable peeler
4. place the ribbons into a bowl and add the oil. Mix well

**5. spread the oil coated ribbons onto baking trays and sprinkle with paprika, salt and pepper**

**6. bake for 10-15 minutes until browned. Toss them around, using a spatula, halfway through cook time**

**Notes:**

**Skills: mixing, using a veggie peeler**