

## Low FODMAP Roast Potatoes and parsnips

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A perfect roast potato is for life, not just for Christmas. I make my low-FODMAP roasties a little more festive by adding parsnips – this can help your Christmas cooking schedule, as you just need one roasting tray.

Both parsnips and potatoes have the Monash listing of 'FODMAPs were not detected in this food. Eat freely and according to appetite' - there you go guys, get roasting!

You can peel and chop the potatoes and parsnips the night before and keep in separate pans of water. Do not soak them together as the parsnips will flavour the potatoes. Soaking the veg will remove some of their starchiness and make for a crispier roast potato.

If you wish to be even more prepared, then you can also par-boil the veg the night before. Allow the steam to escape and fully cool before keeping in a cold place. You can substitute sunflower oil for the goose fat but it won't be as crispy.

### Ingredients

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#### Serves 6

- 1.5kg Maris Piper potatoes
- 500g parsnips
- 5 tbsp goose fat
- Small bunch of thyme
- Pinch of sea salt flakes



## Method

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Pre-heat the oven to 200°C/ 185°C Fan oven.

Peel the potatoes and parsnips. Cut the potatoes and parsnips into similar sized pieces.

Either soak the potatoes and parsnips in separate pans of cold water overnight or give them a rinse to remove some of the starch.

Change the water in the pans and add a large pinch of salt to each pan. Bring to the boil. Once boiling, boil the parsnips for 4 minutes and the potatoes for 8 minutes. Drain separately in a colander. Allow the veg to cool slightly and the steam to escape. Place the goose fat in a large, heavy-duty roasting tray and pop into the oven for a minute.

Place a lid over the colander and give the potatoes and parsnips a shake to rough up the edges. When the fat is smoking hot remove from the oven. Using a spoon, very carefully add the potatoes and parsnips.

Turn everything over in the pan until it is fully coated in goose fat and in one even layer. Scatter the thyme stalks over the top of the potatoes and parsnips and return to the oven for 45 minutes.

After 45 minutes check on the potatoes and turn over to ensure maximum crispiness. Return to the oven for a further 15 minutes, remove the thyme stalks and place into a warmed dish. Scrunch the sea salt flakes over the top.