

# Roasted Parsnips

Learn how to make perfectly roasted parsnips with this easy recipe. Golden, caramelized, and tender - the perfect side dish for any meal.

10 min

PREP

25 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb parsnip
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 2 clove garlic
- 1 tsp fresh oregano

## Instructions

- 1 Prepare the oven and pan**

Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- 2 Prepare the parsnips**

Wash and peel 1 lb parsnips, then cut them into uniform pieces about 2-3 inches long and ½ inch thick. Place the cut parsnips in a large mixing bowl.
- 3 Season the parsnips**

Add 2 tbsp olive oil, 1 tsp salt, 1 tsp black pepper, 2 minced garlic cloves, and 1 tsp fresh thyme leaves to the bowl with parsnips. Toss everything together with your hands or a spoon until all pieces are evenly coated with oil and seasonings.
- 4** Transfer the seasoned parsnips to the prepared baking sheet. Arrange them in a single layer with space between each piece so they roast rather than steam.
- 5** Roast for 25-30 minutes, flipping the parsnips halfway through cooking time to ensure even browning on both sides.

- 6 Remove from oven when parsnips are tender when pierced with a fork and golden brown with caramelized edges. Serve immediately while hot.

## Tips

---

Choose medium-sized parsnips for the best balance of sweetness and tenderness. Large parsnips can be woody, while very small ones may lack flavor depth.

Always peel parsnips before roasting, as the skin can be tough and fibrous, especially on older vegetables. Use a sharp vegetable peeler for easy removal.

Cut parsnips into uniform pieces, approximately 2-3 inches long and 1/2 inch thick, to ensure even cooking and consistent browning.

Don't skip preheating your oven to the full temperature before adding the parsnips. The initial high heat is crucial for proper caramelization.

Avoid overcrowding the baking sheet. Give parsnips space to breathe for optimal roasting and to prevent steaming, which results in soggy vegetables.

Flip or toss the parsnips halfway through cooking to ensure even browning on all sides and prevent sticking to the pan.

For extra sweetness and a beautiful glaze, drizzle honey or maple syrup over the parsnips during the last 5-10 minutes of roasting.

Serve immediately while hot for the best texture contrast between the crispy exterior and tender interior.