

## Roast Potatoes & Honey Roast Carrots

### Ingredients -

- Potatoes
- Carrots
- Thyme
- Garlic
- Honey
- Salt & Pepper
- Olive oil
- Oil or fat for potatoes, I've used rapeseed oil and goose fat

### Method –

1. Peel your potatoes
2. If you've got nice fresh carrots there's no need to peel, just wash thoroughly.
3. Chop your potatoes, don't go too small as they will always look a bit smaller once you are done, with corners being knocked off and a bit of crumbling as you cook.
4. Slice your carrots down the centre.
5. Crush your garlic cloves with the flat of a knife.
6. Throw it all in a big pan, potatoes, carrots, garlic, thyme, salt, pepper and bring to the boil. This will get the flavours of the thyme and garlic infused right into your veg
7. Get your oven on to 250 degrees.
8. Boil for around 10 minutes.
9. Add olive oil to a shallow baking tray
10. Add oil / fat to a deep baking tray
11. Place both in oven, you never want to add any vegetables for roasting to cold oil, this will reduce the outer crispiness and crunch you are looking to achieve.
12. Using tongs remove the carrots from the pan and place in baking tray with hot oil. Don't drain in a colander and waste the water with all that delicious flavour and starches, that's going to be needed for your gravy later!
13. Repeat the same process with your spuds, making sure they get a good coating in the oil, you want to have the side with the largest surface area flat with the bottom of the tray. It's not a bad thing of some of the thyme from the pan ends up in with the potatoes.
14. Your potatoes are going to want around 30 – 40 minutes, being turned once, until they are nice and golden with some darker crispy bits too!
15. Remove the carrots after 15 minutes and coat generously in honey, back in the oven for another 5 and then remove and leave to one side. They can be put back in the oven for 5 -10 minutes before serving.



