



# Recipes with Honey



## Honey Miso Root Vegetables

Yields 4-6 servings

### Ingredients:

60g miso paste  
40g Campbells Gold honey  
70g hulled pumpkin seeds,  
toasted  
30ml mirin  
50ml water  
100ml sesame oil  
500g mixed root vegetables  
Olive oil  
Salt, to taste  
Ground black pepper, to taste  
Lemon wedges, to garnish

### Method:

- 1) To make the honey miso dressing: Add all ingredients, except the sesame oil, into a blender or food processor. Blitz together, scraping down the sides as needed. Slowly stream in the sesame oil into the running blender to emulsify. Taste and adjust seasoning. Store in the refrigerator until needed
- 2) To make the roasted vegetables: Preheat oven to 375 F. Scrub the root vegetables and peel, if desired.
- 3) Keep vegetables whole or cut as needed to the same size to ensure even cooking.
- 4) Place vegetables on baking pan and drizzle with olive oil. Season with salt and black pepper. Toss ensuring all are coated.
- 5) Roast vegetables for 20-30 minutes, tossing and dipping halfway.
- 6) 5 minutes before vegetables are fully cooked, pull the tray from the oven. Add enough miso dressing to coat the vegetables, tossing them together to fully cover each piece of vegetable. Place back in the oven for the last 5 minutes.
- 7) Serve garnished with sesame seeds and a side of lemon wedges for acidity.