



Roasted radishes

Serves 1

Prep time: 5 minutes

Cooking time: 15 minutes

Per portion

Calories: 51

Fat: 0.5g

Saturates: 0.3g

Carbs: 9.8g

of which sugars: 9.8g

Fibre: 0.5g

Protein: 2g

Salt: 0.12g

Ingredients:

240g radishes, trimmed and cut in half

1 tsp golden syrup

freshly ground black pepper

Instructions:

Preheat the oven to 190C, 400F, Gas Mark 6.

Place the golden syrup, lemon juice and a little black pepper into a bowl and mix to combine. Add the radishes and stir until coated in the marinade.

Transfer to a lined baking tray and bake in the oven for 13-15 minutes. Serve hot and sprinkle over a few chopped fresh chives (optional)