

Parcel-baked Carrots and Sprouts

Ingredients

- 500 g (1lb 2oz) Chantenay carrots
- 500 g (1lb 2oz) Brussels sprouts
- 50 g (2oz) butter, roughly cubed
- 1 tbsp olive oil
- 1 clementine, halved
- 3 thyme sprigs
- 1 medium egg white



Method

1. Cut two pieces of baking parchment to measure about 38 x 51cm (15 x 20in). Lay one in a large, shallow roasting tin. Scatter all the ingredients (except egg white) into the centre, leaving a 7.5cm (3in) wide border all the way around. Season the pile of vegetables well.
2. Brush the parchment border with some of the egg white. Place the second piece of baking parchment on top. Press around the border to stick the two pieces of parchment together, then fold the borders over on themselves a few times to seal into a secure parcel. Brush folds with more egg white to stick.
3. Preheat oven to 200°C (180°C fan) mark 6. Bake parcel in its tin in the bottom of the oven for 45min. Remove parcel in its tin and set aside to rest at room temperature for 15min (the turkey will also be resting).
4. Just before serving, carefully pierce paper (watch out for steam). Toss vegetables in the buttery juices. Transfer to a warm dish and serve.

Notes

Normally only done at Christmas – hence the reference to Turkey!

Total cooking time: 1 hr Cook for: 45 mins Stand for: 15 mins.