



Honey Roasted Jerusalem Artichokes

What to collect

Ingredients	Equipment
500g Jerusalem artichokes	baking trays/baking paper
1 lemon, halved	scrubbers
2 tablespoons extra virgin olive oil	chopping board
handful thyme sprigs	knife
sea salt/pepper	
honey	

What to do

1. Preheat oven to 200C.
2. Scrub the artichokes well, but don't peel unless absolutely necessary.
3. Cut them in half lengthways and immediately rub the cut surface with lemon to stop it from going brown.
4. Toss the Jerusalem artichokes in olive oil, herbs and salt/pepper.
5. Place on a lined baking tray cut side down and bake for 20-25 minutes or until soft.
6. Turn the artichokes cut side up and drizzle with honey and bake for another 5 minutes.
7. Scatter with more sea salt and thyme and serve.