

# PARSNIP



## PREPARATION

- Scrub clean under water and slice off each end.
- Cut into long sticks or rings.

## ADD FLAVOUR

- Mash boiled parsnip with a little milk or combine with other boiled vegetables such as potatoes, carrots or kumara. Add spices such as nutmeg, cumin or black pepper.
- Panfry thin slices of parsnip with onion and ½Tbsp oil. Serve as part of a green salad or alongside meat.

## STORAGE

- Store in the vegetable section of the fridge. Or alternatively, in a cool, dark and dry spot.

## VEGE UP

- Add chopped parsnip to stews and casseroles with carrots and onions.
- Add parsnips to vegetable soups.
- Roast with a little oil with other vegetables such as pumpkin, potatoes or kumara to make a hot or cold roast vegetable salad. When cooked drizzle with a little balsamic vinegar.

## COOKING

- Boil in a saucepan of water, covered for approximately 8 minutes or until tender.
- Steam over boiling water for 10 minutes or until tender.
- Microwave in a covered container with a little water (about 2 Tbsp) for 6 to 8 minutes until tender.
- Brush sliced parsnip with a little oil and roast in the oven at 200oC until golden and tender.