


Fruit & Vege Co-op



Parsnip

STORAGE	PREPARATION
In vegetable section of the fridge.	<ul style="list-style-type: none">- Scrub clean under water and slice off each end.- Cut into long sticks or rings.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- 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.- Pan-fry thin slices of parsnip with onion and ½ Tbsp oil. Serve as part of a green salad or alongside meat.	<ul style="list-style-type: none">- Add chopped parsnip to stews and casseroles with carrots and onions.- Add parsnips to vegetable soups.- Roast brushed in a little oil with other vegetables such as carrot, pumpkin, potatoes or kumara to make a tasty hot or cold roast vegetable salad. When cooked drizzle vegetables in a little balsamic vinegar.
COOKING	
<ul style="list-style-type: none">- 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 200 degrees until golden and tender.	
RECIPE: Parsnip and Carrot Mash (Serves 4)	
<p>3 medium parsnips, peeled 4 medium carrots, peeled 2 tsp margarine 2 pinches nutmeg (optional)</p> <ol style="list-style-type: none">1. Cut parsnips and carrots into chunks.2. Cook in the microwave with a little water for approximately 7 minutes or until tender. Alternatively, add to a pot of boiling water and boil for approximately 20 minutes.3. Drain any excess water and mash with margarine.4. Sprinkle nutmeg on top or stir through mash.	 <div data-bbox="1145 1323 1465 1547"><p>FACT: Parsnips are a good source of fibre which helps keep your digestive system healthy.</p></div>
Variations	
<ul style="list-style-type: none">- Add 1 Tbsp honey or 2 tsp mustard to the mash for additional flavour.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op