

# Plentiful Parsnips

Kia ora koutou,

While parsnips looks like their vegetable cousins carrots, they're often overlooked as their cream colour doesn't stand out like bright orange carrots. However, their taste and nutrient packed profile mean that they can add real value to your week's groceries. Parsnips are great for bulking out meals and they have a subtle, sweet, and nutty taste that complements most other vegetables.

What's even better is that they are in plentiful supply during winter, which is timed perfectly for warming soups, hearty stew, and warm salads.

## Here are some simple ways to add parsnips to your meals

### Make home-made parsnip chips or wedges

Cut the ends off parsnips and cut lengthways, then cut into quarters again. Lightly oil an oven tray, spread parsnip pieces over the oven tray and bake in the oven for about 30minutes at 200°C.

\*You may want to peel older "woodier" parsnips first, but you can leave the skin on younger parsnips - great to eat as it adds fibre

### Add chopped parsnips to soups and stews

Add parsnips in to cook when you add the other hard root vegetables like potatoes and carrots. Parsnips are a bit harder than pumpkins, so cutting them into pieces about half the size of the pumpkin pieces is a good way to cook them together in soup.

### Steam or mash parsnip with carrot

Steam over a pot of water with carrots, then add peas or broccoli when nearly cooked. Serve when parsnip is just cooked through and when broccoli is slightly crunchy and has gone a bright green colour, OR

Boil with carrot or potato and mash together once cooked with a small tablespoon of margarine and a splash of milk.

### Make a hot salad

Cut into wedge-sized pieces and bake in the oven with other vegetables such as carrots, courgette or tomatoes. A small sprinkle of chilli flakes and 1-2 tablespoons of melted honey drizzled over the top of the cooked vegetables tastes great.

### Roast vegetables

Bake in the oven at 200°C with other roast vegetables such as potatoes, carrots, broccoli, and cauliflower. Cut hard root vegetables (carrots and parsnips) into pieces about 3-4cm wide. Softer vegetables such as broccoli and cauliflower take less time to cook, so you can either cut them into larger chunks and add at same time, or cut to the same size as your root vegetables but add them about 20-30 minutes later.

