



**Alan Bartlett
and Sons Limited**

Quality at our roots.

Sweet and gooey parsnips

Parsnips are an extremely versatile vegetable. Their roots are sweeter than carrots, containing both sugar and starch. When fried in a pan with a little nutmeg these properties can be enhanced to create a lovely sweet tasting vegetable. A perfect accompaniment to any dinner.

Ingredients:

(serves 4)
500g Parsnips
1/4 tsp ground nutmeg
2 tbsp butter
Salt and freshly ground black pepper

Method:

- ①. Peel the parsnips, and then cut them into sticks about the size of your little finger. Dry on a paper towel.
- ②. In a pan melt the butter; then add the parsnips, shaking to coat and sprinkle with nutmeg.
- ③. Cover the pan tightly and sauté on medium heat for about 5-10 minutes or until the parsnips are tender, gooey and slightly caramelised.
- ④. Add salt and pepper to taste.

If you have any recipes that you have made using our carrots, parsnips or onions then we would love to hear from you so we can share them through our website. Please email recipes@alanbartlettandsons.co.uk

