



*Deliciously Sweet Recipe Idea*

Southland  
Sweetness  
Sweet, fresh & tasty parsnips from cool Southern climates



*Parsnip & Pear Chutney*

***So sweet. So fresh. So tasty!***

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## **Parsnip & Pear Chutney**

### **Ingredients**

- 500 grams parsnips, peeled and diced into 1cm pieces
- 500 grams pears, peeled, cored and diced into 1cm pieces
- 1 granny smith apple, peeled, cored and diced into 1cm pieces
- 2 large red onions, diced
- 3 large tomatoes, diced
- 1 cup dates, roughly chopped
- 2 cups brown sugar
- 1/4 tsp cayenne pepper
- 1/2 tsp ground ginger
- 4 peppercorns, crushed
- 1 tsp sea salt
- 450 ml cider vinegar



### **Method**

1. Put all the ingredients into a large pot and bring to the boil slowly, stirring to dissolve sugar. Reduce the heat and simmer gently, uncovered for about 2 hours. Stir frequently towards the end of the cooking time.
2. When you can draw a wooden spoon across the base of the pot and it leaves a trail then the chutney is ready.
3. Using a jug pour the chutney into sterilized jars.

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