



Crispy Parsnip Salad

Ingredients

- 1 bag of lettuce
- 10 baby tomatoes, halved
- ½ cucumber, sliced
- 4 hardboiled eggs, quartered
- ½ yellow capsicum, sliced
- 2 small parsnips

Method

1. Place the bag of lettuce of your choice on a serving platter. Top with tomato, cucumber, egg, & capsicum. Place in the refrigerator to keep cool.
2. Peel the outer layer of the parsnips to remove the skin. Then using the peeler peel the parsnip from the top to bottom to create long strips.
3. Place the strips of parsnip into a deep fryer on medium heat and cook for 2-3 minutes or until crispy and golden brown. Drain on paper towels.
4. Remove the salad from the refrigerator and top with the golden parsnip strips for a healthy and delicious summer meal.

So sweet. So fresh. So tasty!

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