



Parsnip Dipping Sticks

Chef's Tip:

Parsnips should be boiled before cooking to ensure they are tender and delicious

Ingredients

500g parsnips
1 egg
1 cup breadcrumbs
Oil

Method

Top and tail and peel parsnips and cut into sticks about finger size. Boil them in a pot of lightly salted water for 5-10 minutes or until tender. Drain off the water and leave to cool. Lightly whisk the egg in a bowl. When the parsnips are cool enough to touch dip each parsnip stick into the egg and then coat with the breadcrumbs. Cover the base of a frying pan with a small layer of oil. Fry the parsnip sticks until golden brown and crispy. Serve immediately. Delicious with cream cheese as a dip.

So sweet. So fresh. So tasty!

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