



Parsnip Puffs

Chef's Tip:

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

Ingredients

1kg mashed parsnip (in a food processor best)
1 egg beaten
Salt and pepper
120g grated cheese
1 finely chopped onion
Finely chopped parsley (enough to taste and/or add colour)
1 extra egg beaten

Method

Mix altogether.
Leave in fridge for 1-2 hours to firm.
Shape into balls, roll in flour, and roll in extra beaten egg then breadcrumbs.
Fry in fry pan or deep fryer until golden (or heat in oven for more a healthy option).

So sweet. So fresh. So tasty!

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