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Sweet And Gooey Parsnips

Parsnips are extremely versatile. Their roots are sweeter than carrots and when they're fried in a pan with a little nutmeg you end up with a lovely sweet tasting vegetable. A perfect accompaniment to any dinner.

Ingredients

- 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.

