



Seasonally Fresh, Perfectly Picked

February feels like the perfect moment to celebrate one of winter's most underrated heroes: the parsnip! With its earthy sweetness and ability to bring warmth to any plate, the parsnip truly shines in the late-winter kitchen. This month, we're making it into a cosy Curried Parsnip Soup and roasting it into our Maple and Mustard Parsnips.

Parsnips are also packed with goodness, offering vitamin C to support the immune system, keep skin healthy and aid wound healing - the perfect boost as we make our way through the final stretch of winter.

Fun fact: Parsnips get sweeter in cold weather as the frost naturally converts some of their starches into sugars, giving them that delicious winter sweetness.

Can you help find these words?

- | | | |
|----------|--------|-------|
| Parsnips | Roast | Peel |
| Root | Winter | Slice |

N	B	S	L	I	C	E	R	W	O
M	P	J	M	O	S	N	O	I	N
L	A	Q	G	M	F	H	A	V	B
Q	R	I	B	H	B	C	S	Q	W
E	S	W	D	Y	G	B	T	T	N
V	N	R	O	O	T	N	X	E	Y
B	I	G	B	U	L	Z	S	K	A
R	P	E	J	J	I	Y	J	T	G
C	S	X	I	T	L	P	E	E	L
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Make your own parsnip crisps!

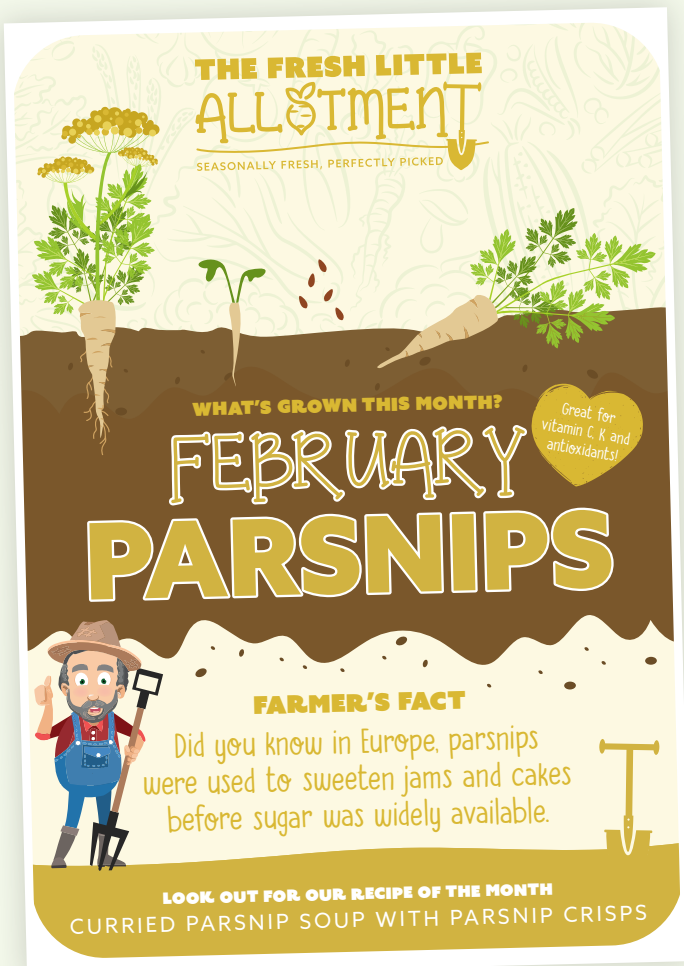
What you'll need:

- 2 medium parsnips
- ½-1 tsp olive oil (optional, for extra crispness)
- A pinch of sea salt or smoked paprika (optional)

Instructions:

1. Preheat your oven to 120°C (100°C fan).
2. Wash and peel the parsnips, then slice them very thinly (about 2 mm) using a sharp knife or mandoline.
3. Lay the slices in a single layer on a baking tray lined with baking paper.
4. If using, lightly brush or spray with olive oil and sprinkle with salt or smoked paprika.
5. Bake for 1-1.5 hours, turning halfway through, until the slices are dry, lightly golden, and crisp.
6. Let them cool completely - they will crisp up even more as they cool.

Tip: Store in an airtight container for up to 3 days. If they soften, you can re-crisp them in a low oven for a few minutes.



PARSNIPS

Try out these recipes!

Curried Parsnip Soup

Serves 10

Ingredients:

- 600g Parsnips
- 500g Onions
- 10g Garlic
- 200g Margarine
- 15g Curry Powder
- 3g Red Chillies
- 10g Vegetable Bouillon Mix
- 1Ltr Tap Water
- 300g Maris Piper Potatoes
- 30g Desiccated Coconut
- 7g Smoked Paprika
- 3g Low Sodium Salt
- 3g Black Pepper
- 100ml Double Cream

Method:

1. Peel and chop the parsnips, onions and garlic. Melt stork in a saucepan and add the onions and garlic. Cook gently for about 5 minutes without colouring.
2. Add the curry powder, chilli and stock. Bring to the boil. Peel and chop the potatoes and add them along with the parsnips and the coconut.
3. Simmer gently with the lid on until the parsnips are tender, about 20 minutes. Liquidise until smooth with a blender.
4. Garnish with a swirl of double cream and a sprinkling of smoked paprika.

Maple and Mustard Parsnips

Serves 10

Ingredients:

- 8 Medium-Sized Parsnips
- 3 tbsp Olive Oil
- 3 tbsp Maple Syrup
- 1 tsp Wholegrain Mustard
- 1 tbsp Orange Juice

Method:

1. Preheat your oven to 200C Fan / 220C. Place a large baking tray into the oven with a drizzle of oil on it. Allow this to heat up.
2. Prepare your parsnips. You can peel them if you like but you don't need to if you wash them thoroughly.
3. Ensure all your parsnips are about equal in size so they cook evenly. Cut them into even pieces.
4. Place your veg in your preheated oven on your preheated oiled tray for 20-25 minutes. Make sure they are in a single layer. They should sizzle as they hit the oil.
5. Whilst they are in the oven, mix together your glaze. Add maple syrup, orange juice and wholegrain mustard to a jug and mix together.
6. Remove from the oven and drizzle the parsnips with your maple/mustard mixture. Place back in the oven for a further 10 minutes to allow the veg to finish cooking and for some caramelisation to take place.
7. Remove from the oven and serve up.

If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

Compared to an average packed lunch an Accent school meal contains:

15%
LESS
SATURATED FAT

2x
THE FIBRE

46%
LESS
SALT

1/2
THE FREE SUGARS