

The surprising benefits of parsnips and celeriac

In February we are lucky to have a bounty of produce available to us, and today we are going to celebrate celeriac and parsnips! This recipe makes a lovely brunch or side for a main meal.

Parsnips are a firm winter favourite and boast high levels of vitamin C, many minerals as well as good levels of many B vitamins. Just one cup of cooked parsnips has 23% of the recommended daily intake of folic acid. Celeriac is a very underrated, slightly odd-looking vegetable with great levels of vitamins B6, C and K, potassium, and manganese. It is a great low carb potato alternative for those watching their carbohydrate intake and makes lovely mash, chips and rosti!

Celeriac and parsnips are both good sources of fibre, the government recommends we each consume 30g of fibre per day and yet the average daily intake in the UK is just 18g. This recipe will provide you with nearly 8g per portion helping to bolster your intake.

Celeriac and Parsnip Rosti

(serves 2)

1/2 medium celeriac (peeled and grated)

1 medium parsnip (grated)

1 heaped tbsp flour (white, wholemeal or gf)

2 large eggs

ground black pepper

1 tbsp olive oil to fry

To serve: poached/boiled egg and fresh chives

N.B. These rosti are lovely plain but very versatile so can be seasoned or spiced however you like, smoked paprika and oregano, chilli and coriander or fennel seed and rosemary are all lovely additions.

Mix together all the ingredients except the oil, ensuring the flour and egg coat the grated vegetables evenly.

Heat a large frying pan on a medium high heat and add the oil. When up to temperature divide the celeriac and parsnip mixture into 4 piles in the pan, flatten with a spatula or fish slice into rounds. Fry for a couple of minutes until golden brown on the bottom, then flip.

Fry for another couple of minutes until the second side is golden. Serve 2 per person with an egg and a sprinkle of chopped fresh chives.



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