



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Parsnip


Parsnips are a great source of soluble fibre which is important for creating healthy movement of food through the digestive tract. This can help to reduce constipation and other gastrointestinal disorders.



3 Carrot and Parsnip Rosti

Oven-baked carrot and parsnip rostis, served with cashew cream cheese and a fresh olive and lemon salad.

 35 mins

 4 servings

 Plant-Based

3 September 2021

Save the recipe!

This carrot and parsnip rosti recipe would make a great breakfast. Save the recipe for the next time you want to make someone a special breakfast.

Per serve: **PROTEIN** 11g **TOTAL FAT** 27g **CARBOHYDRATES** 26g

FROM YOUR BOX

CARROTS	3
PARSNIPS	3
CHICKPEA FLOUR MIX	1 packet (70g)
LEMON	1/2 *
CELERY STICKS	3
PARSLEY	1/2 bunch *
OLIVES	1/2 jar *
ROCKET	1 bag (200g)
CASHEW CREAM CHEESE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, cumin seeds

KEY UTENSILS

2 oven trays, frypan

NOTES

The chickpea flour mix is made up of chickpea flour and flaxseeds. This will bind your rosti mixture together.

If you have a food processor with grater attachment you can use it to save time.

If you have spare time, you can cook the rostis in an oiled frypan over medium-high heat for 7-8 minutes each side.



1. PREPARE ROSTIS

Set oven to 220°C.

Grate carrots and parsnips (see notes). Mix in a bowl with chickpea flour and **2-3 tbsp water**. Season with **salt and pepper**.



2. BAKE THE ROSTI

Line two oven trays. Form mixture into 4-6 rostis and flatten onto trays. Bake for 15-20 minutes or until golden and edges are crispy (see notes).



3. MAKE THE DRESSING

Heat a frypan over medium-high heat with **2 tbsp oil**. Add **1 tbsp cumin seeds**. Cook for 3-4 minutes until toasted and add the **seeds and oil** to a bowl with juice from 1/2 lemon, **salt and pepper**. Whisk to combine.



4. PREPARE SALAD

Thinly slice celery. Roughly chop parsley leaves and drain olives. Add all to a large bowl with rocket. Toss in dressing until well coated.



5. FINISH AND SERVE

Divide rostis among plates, top with dollops of cashew cream cheese and serve with fresh salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

