



Ilja Harvey of Pudding Pie Cookery School

PARSNIP RICE

Serves 4



Pudding Pie
Cookery School

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This simple rice substitute is a great way to get raw vegetables in your diet, especially with children as you can pretend it's rice! It's also perfect for using up leftover parsnips.

Ingredients

- 3 parsnips, peeled
- ¼ tsp turmeric
- Salt & pepper (according to taste)

Method

1. Roughly chop the parsnips and place into a food processor and whiz up until you get rice like grains.
2. Add the turmeric, salt & pepper. Serve.

