



Caramelised Parsnip Pilaf

with Garlic Pistachios



30-40min



2 Portions

Sweet roasted parsnips are definitely a highlight of the cooler season. Here, we caramelise them with honey and team them with a mildly spiced vegetarian pilaf topped with a zesty pistachio and garlic topping.

What we send

- basmati rice
- vegetable stock cubes
- 1 lemon and 3 parsnip
- 1 garlic clove, 1 leek and coriander
- ground all spice
- dried currants
- Greek-style yoghurt ⁷
- pistachios ¹⁵

What you'll require

- butter ⁷
- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- large frypan
- oven tray
- sieve
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 815.0kcal, Fat 29.7g, Proteins 18.8g, Carbs 108.6g



1. Prepare parsnips

Preheat the oven to 200C. Line an oven tray with baking paper. Put the **rice** in a bowl and cover with cold water. Set aside to soak until ready to use. Peel **parsnips** and cut the thin ends into 4cm pieces. Quarter remaining parsnip lengthwise, cut out the core and discard, then cut into bite-size pieces.



4. Cook pilaf

Crumble **stock cubes** into a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Drain the **rice** in a sieve, add to the leek mixture and stir once. Add the **stock** and bring to the boil. Cover with a lid, reduce heat to low and cook for 10 mins. Remove pan from heat and stand, covered, for a further 5 mins or until rice is tender.



2. Roast parsnips

Put **parsnips** on the lined tray and drizzle with **half the oil** and the **honey**. Season with **salt and pepper**, and roast for 20-25 mins until golden and caramelised, turning halfway through cooking.



5. Prepare garlic pistachios

While rice is cooking, heat the **remaining oil** in a small frypan over medium heat. Toast the **pistachios**, tossing, for 2 mins. Add the **garlic** and cook, stirring, for a further 30 secs or until lightly golden. Remove from heat and stir in the **lemon zest**. Tip onto a board and coarsely chop. Coarsely chop the **coriander**, including the stems.



3. Prepare other ingredients

Meanwhile, finely chop the **garlic**. Discard the dark green part of the **leek**, then halve lengthwise and thinly slice. Finely grate the **lemon rind**, then cut **half the lemon** into wedges. Heat **butter** in a large frypan over medium heat. Cook the leek, stirring, for 5 mins or until softened. Add the **allspice** and stir for a further 1 min. Season with **salt and pepper**.



6. Get ready to serve

Fluff up the rice and stir in the **coriander** and **currants**. Divide among bowls and top with the roasted parsnips. Scatter over the garlic pistachios and serve with the **yoghurt** and the **lemon wedges**.