

Gingery Parsnip Fries



INGREDIENTS:

2 parsnips, peeled
and trimmed
2 tablespoons olive oil
1 yellow onion, chopped
3 cloves garlic, peeled
and grated
1-inch knob of ginger,
peeled and grated
½ teaspoon turmeric
2 teaspoon coriander
1 teaspoon smoked paprika
½ teaspoon cumin
Splash of coconut milk
or water
Sprinkle of salt and pepper
Parsley for garnish (optional)

INSTRUCTIONS:

1. Chop the parsnips into french fry shapes.
2. Add olive oil to a pan on medium heat and sauté onion for about 5 minutes.
3. Add grated ginger and garlic and sauté 5 more minutes, stirring often.
4. Turn up the heat a little and pan roast the rest of the ingredients (except coconut milk, salt and pepper, and parsley) for about 15 minutes, until parsnips are tender. Stir often and use a splash of the liquid to loosen any burnt pieces in the pan.
5. Season with salt and pepper lightly and garnish with parsley.
6. Enjoy!

