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PARSNIP AND PEPPER CAKES WITH RED PEPPER RELISH (V) INGREDIENTS

These tasty parsnip cakes can be made in advance and frozen. The relish adds moisture to the finished dish but as it takes longer to prepare, you may like to prepare the relish first.

Serves 4
Per serving: 290 calories, 3.8g fat
Prep time: 20 mins
Cook time: 30 mins

1kg (2 lb) fresh young parsnips
1 vegetable stock cube
4 small leeks, sliced
1 red pepper, seeded and diced
1 garlic clove, crushed
2 tsp chopped fresh thyme
2 tbsps fromage frais or plant-based option
1 tbsps finely chopped chives
50g (2oz) fresh breadcrumbs
freshly ground black pepper

For the red pepper relish
6 red peppers, halved and seeded
1 red onion, finely chopped
1 garlic clove, crushed
2 - 3 tsp chilli sauce

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Top and tail the parsnips. Cut into small pieces and place in a saucepan with a vegetable stock cube. Cover with water and boil until soft. Drain well and return to the pan. Mash with a potato masher until smooth, adding plenty of black pepper.
3. Preheat a non-stick pan. Add the leeks and diced pepper and dry-fry until soft. Add the garlic and thyme, mixing well.
4. Combine the parsnip and leek mixtures, and add the fromage frais and chives. Allow to cool.
5. When cool, form the mixture into 8 potato cake shapes and roll in the fresh breadcrumbs.
6. Place the cakes on a baking tray and bake near the top of the oven for 10 - 15 minutes until golden brown.
7. To make the red pepper relish, place the peppers on a non-stick baking tray and roast in the oven for 30 minutes until they are well charred.
8. Remove the peppers from the oven and place immediately into a plastic food bag. Seal the bag and allow to cool.
9. When cool, remove the peppers and peel away the skins. Chop the flesh into small dice.



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10. Dry-fry the onion and garlic for 2 minutes, then add the peppers and chilli sauce. Spoon into a serving bowl.
11. Serve the parsnip and red pepper cakes with the relish.