

Roasted Parsnips with Pickled Red Onions



Welsh Ingredients used: Honey, rapeseed oil, salt

Serves 4

Ingredients

½ red onion, finely sliced, (60g)
3 tbsp vinegar
1 tsp salt
2 tsp Welsh honey
1/8th tsp black peppercorns, roughly crushed
1 hibiscus tea bag (optional, it makes the onions pinker)
750g parsnips, peeled
2 tbsp rapeseed oil
2 tbsp picked herbs, e.g. thyme to serve

Method

- 01** Add the red onion, vinegar, salt, Welsh honey, black peppercorns and hibiscus tea bag (if using) to a small bowl. Massage the onions into the liquid and set aside to pickle for at least 1-2 hours.
- 02** Preheat the oven to 180c. Place the parsnips on a roasting tray and drizzle with 1 tbsp of rapeseed oil. Cover with foil and roast for 30 mins or until soft but not too golden.
- 03** Place a griddle pan on a high heat. Coat the parsnips in the remaining tbsp of rapeseed oil and place them on the griddle, turning once or twice, until charred and soft but not burned.
- 04** Place the parsnips onto a platter, finish by spooning over the pickled onions (including some of the pickling liquid and aromatics) and serve.

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