

# Sautéed mushrooms and parsnips with garlic parsley crumb



This dish is best served warm and is ideal as a vegan main course or an accompaniment to meat dishes.

**Serves 2 | Prep 15 minutes | Cook 20 minutes**

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## Ingredients

4 parsnips, peeled and chopped into 2cm pieces  
2 tbsp rapeseed oil  
100g each of shiitake and oyster mushrooms  
¼ savoy cabbage  
1 clove garlic  
1 tbsp chopped, fresh thyme  
1 tbsp cider vinegar  
40g toasted hazelnuts, halved  
Halen Môn Sea Salt<sup>A</sup> and black pepper

## Crumb

1 tbsp olive oil  
zest of 1 lemon  
2 garlic cloves, finely chopped  
2 tbsp parsley, chopped

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## Method

- 01** Par-boil the parsnips for 10 minutes in salted water. Drain and put aside.
- 02** To make the crumb, combine all the ingredients together in a bowl.
- 03** Heat the oil in a large frying pan and sauté the parsnips until browned all over.
- 04** Add the garlic (finely chopped), mushrooms and thyme and fry for 2 minutes before adding the cabbage. Cover and leave to cook for 5 minutes until the cabbage is softened. Remove from the heat, add the cider vinegar and season with salt and pepper.
- 05** To serve, sprinkle the parsley crumb and hazelnuts over the vegetables.

