

INGREDIENTS

2 medium beetroot (peeled and cut into 3cm cubes)

Olive oil (for roasting the beets)

1 tsp ground cumin

1 tbsp balsamic vinegar

2 garlic cloves (finely diced)

½ medium onion (finely diced)

2 medium parsnips (peeled and cut into small cubes)

½ head cauliflower (cut into florets)

1 cup full cream milk

2 pinches ground nutmeg

1 large bunch kale or silver-beet (stems removed and roughly chopped or torn)

1 garlic clove

HERB CRUMB

½ cup walnuts, zest of 1 lemon, large handful fresh

Italian parsley, salt and black pepper to taste

INSTRUCTIONS

1. Place all the herb crumb ingredients into a food processor and blitz until the texture of coarse breadcrumbs. Season generously. Set aside until ready to use and preheat oven to 180°C
2. Place beetroot in an ovenproof dish. Drizzle with olive oil. Sprinkle with ground cumin and season well. Toss to coat evenly then roast for 30 minutes before drizzling with the balsamic vinegar
3. Toss well and roast for a further 10 minutes until tender
4. Heat a drizzle of olive oil in a saucepan (one with a lid) over a medium heat. Add the garlic and onion. Sauté gently until the onion is translucent
5. Add the parsnip, cauliflower, and milk. Simmer for 20 minutes, with the lid slightly or until the parsnip is very tender.
6. Blend mixture until it resembles a silky smooth puree. Season generously with sea salt
7. Heat a drizzle of olive oil in a sauté pan over a medium heat. Add greens and remaining clove of garlic. Cook gently for 4-5 minutes until the greens are tender. Season to taste
8. **TO ASSEMBLE:** Divide the puree between 4 bowls. Spoon the beetroot and the greens on top. Sprinkle with the parsley crumb. Serve immediately



Cauliflower & Parsnip Puree with Beets, Greens and Walnuts



4 servings



80 minutes

This recipe makes a great vegetarian dish in its own right, or as a side-dish paired with fish or a protein of your choice.

The heartiness of the root veg creates a deceptively filling dish, and the combination of textures also makes this a surprisingly complex experience for you taste buds. A must try this autumn!