



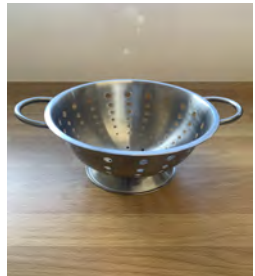





# Parsnip - Steamed












## Ingredients



## You will need

	Chopping board		Saucepan
	Colander		Small chopping knife
	Peeler		fork
	Tin foil		Serving bowl

## Method

	<p>Boil water in a saucepan while you prepare the parsnip</p>	
	<p>Peel the parsnip using a peeler</p>	
		<p>Cut both ends of the parsnip off</p>
		<p>Cut the parsnip in half</p>
	<p>Then both parts in half again</p>	
		<p>Cut each section into smaller pieces again</p>

# Method



Carefully remove the inner core of the parsnip using a small chopping knife



Parsnip should be in finger length/size sticks



Place the parsnips in the colander and sit on top of the saucepan of boiling water



Carefully cover the saucepan with tin foil and cook for around 20 minutes, You should be able to squish between finger and thumb when cooked



## For finger food

Reserve some aside for finger food



## For mashed parsnip

Use a fork to mash the remaining parsnip in a serving bowl allow to cool and serve to baby