Recipe

creamy parsnip & cannellini bake

This yummy dish starts with a creamy mix of leeks and cannellini beans, made extra tasty with Italian cheese and smooth crème fraîche. On top, there are slices of sweet parsnip and more cheese, all baked together until it's golden, bubbly, and super delicious! Serve with warm bread, unsalted butter, and a side of broccoli for a perfect meal.

Ingredients

a glug of cooking oil
1 large white onion - chopped
1 large leek - chopped
4 large cloves - finely chopped
1 small pinch of black pepper
3 sprigs of rosemary - stripped and chopped
5 sprigs of thyme - stripped and chopped
300ml of semi skimmed milk
350ml of water
480g of drained cannellini beans
150g of crème fraîche
50g italian hard cheese
70g of chopped kale
4 parsnips - sliced into rounds, simmered or steamed until cooked
100g of grated cheese

Method for base

Add cooking oil to wide based cooking pan with tall edges on a medium heat
Add onion and leek to pan and allow to gently cook for 15 minutes until lightly golden
Add garlic puree, black pepper, rosemary and thyme and mix well to combine
Add milk, water and cannellini beans and allow to very gently simmer for around 45 minutes, stirring now and then to avoid the beans sticking to the base of the pan
Add italian cheese and crème fraîche and mix well to melt into base

Method for building bake

Preheat oven to 180°C
Put base in to a oven proof baking tray
Top with cooked rounds of parsnip
Sprinkle grated cheese on top
Bake for 30 minutes or until cheese is golden on top and core is piping hot

Please note: This recipe is correct at the time of publication on 10/12/2024. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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