

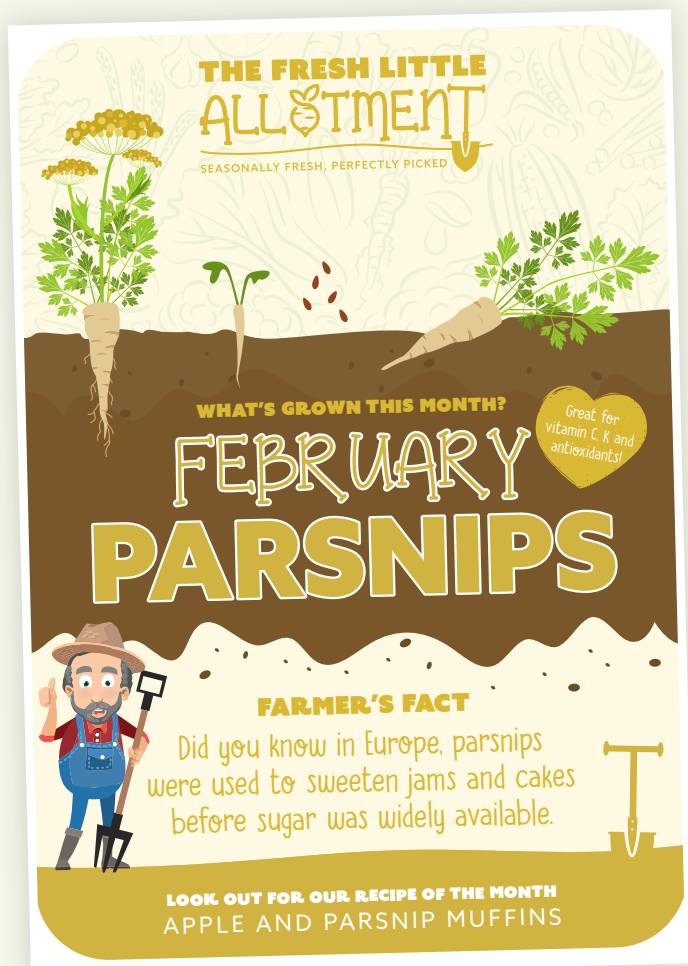


Seasonally Fresh, Perfectly Picked

February feels like the perfect moment to celebrate one of winter's most underrated heroes: the parsnip! With its earthy sweetness and ability to bring warmth to any plate, the parsnip truly shines in the late-winter kitchen. This month, we're baking it into cosy Apple and Parsnip Muffins and roasting it into our Maple and Mustard Parsnips.

Parsnips are also packed with goodness, offering vitamin C to support the immune system, keep skin healthy and aid wound healing - the perfect boost as we make our way through the final stretch of winter.

Fun fact: Parsnips get sweeter in cold weather as the frost naturally converts some of their starches into sugars, giving them that delicious winter sweetness.



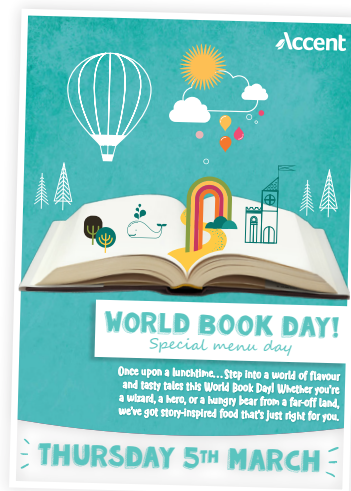
World Book Day coming soon!

JOIN US IN FEBRUARY

Get your forks and bookmarks ready - we're celebrating World Book Day with delicious treats inspired by your favourite stories!

Did you know?

World Book Day was created to celebrate reading, with people of all ages exploring new stories and bringing favourite characters to life - sometimes with a tasty treat in hand!



Make your own parsnip crisps!

What you'll need:

- 2 medium parsnips
- ½–1 tsp olive oil (optional, for extra crispness)
- A pinch of sea salt or smoked paprika (optional)

Instructions:

1. Preheat your oven to 120°C (100°C fan).
2. Wash and peel the parsnips, then slice them very thinly (about 2 mm) using a sharp knife or mandoline.
3. Lay the slices in a single layer on a baking tray lined with baking paper.
4. If using, lightly brush or spray with olive oil and sprinkle with salt or smoked paprika.
5. Bake for 1–1.5 hours, turning halfway through, until the slices are dry, lightly golden, and crisp.
6. Let them cool completely – they will crisp up even more as they cool.

Tip: Store in an airtight container for up to 3 days. If they soften, you can re-crisp them in a low oven for a few minutes.



PARSNIPS

Try out these recipes!



Apple & Parsnip Muffins

Serves 10

Ingredients:

- 300g Self-Raising Flour
- 1 tsp Baking Powder
- ½ tsp Salt
- 125g Caster Sugar
- 1tsp Cinnamon
- 1 Egg
- 100ml Whole Milk
- 1 tsp Vanilla Extract
- 100g Vegetable Oil
- 300g Parsnips
- 3 Large Sweet Apples

Method:

1. First, preheat your oven to 180 degrees.
2. Grease your muffin tins, or line them with muffin cases.
3. Peel and grate the parsnips done, peel the apples and chop them into small cubes.
4. Weigh out all your dry ingredients into a large Bowl and mix them together.
5. Add in all your liquid ingredients and mix everything together using a large wooden.
6. Add in your carrots and parsnips and mix until just-combined.
7. Bake for 20-25 minutes, or until the tops are golden.

Maple and Mustard Parsnips

Serves 10

Ingredients:

- 8 Medium-Sized Parsnips
- 3 tbsp Olive Oil
- 3 tbsp Maple Syrup
- 1 tsp Wholegrain Mustard
- 1 tbsp Orange Juice

Method:

1. Preheat your oven to 200C Fan / 220C. Place a large baking tray into the oven with a drizzle of oil on it. Allow this to heat up.
2. Prepare your parsnips. You can peel them if you like but you don't need to if you wash them thoroughly.
3. Ensure all your parsnips are about equal in size so they cook evenly. Cut them into even pieces.
4. Place your veg in your preheated oven on your preheated oiled tray for 20-25 minutes. Make sure they are in a single layer. They should sizzle as they hit the oil.
5. Whilst they are in the oven, mix together your glaze. Add maple syrup, orange juice and wholegrain mustard to a jug and mix together.
6. Remove from the oven and drizzle the parsnips with your maple/mustard mixture. Place back in the oven for a further 10 minutes to allow the veg to finish cooking and for some caramelisation to take place.
7. Remove from the oven and serve up.

If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

Compared to an average packed lunch an Accent school meal contains:

15% LESS
SATURATED FAT

2x
THE FIBRE

46% LESS
SALT

1/2
THE FREE SUGARS