

Coconut Parsnip with Red Beans, Lime & Ginger

🕒 20 - 30 Mins



1 tbsp plain oil (not olive)

Parsnips, 700-800g/1lb 8oz-1lb-12oz, peeled and chopped into medium chunks

2 cloves garlic, crushed

5cm/2 inch piece of ginger, grated – about 1 tbsp grated

Half a large red chilli, de-seeded and chopped fine

1 tsp cumin powder

100ml/3 generous fl oz coconut milk

1 lime, zested and squeezed – at least 1 tbsp juice

Half a tin of red or pink beans: aduki, kidney or pinto – about 120g/4oz home-cooked

Salt and pepper to taste

2 tbsp finely chopped fresh coriander



Preparation

Serves 4-8 – depending on whether it is served as a side dish or main course

Cooking Instructions

- Put parsnip pieces on to steam – about 15 minutes, but test with a sharp knife after 10. You want neither hard and woody nor mushy.
- Meanwhile, heat oil in a medium heavy-bottomed saucepan.
- Lightly cook garlic, chilli and ginger for 1-2 minutes. Add cumin powder and cook a further minute, stirring well. Take off the heat and set aside.
- When parsnips are cooked, add to the pan with garlic mixture and heat through, gently stirring.
- Add coconut milk and heat to a simmer. Add lime zest, lime juice and beans. Stir in well, ensuring heated through. Check seasoning.
- Sprinkle with fresh coriander and serve immediately.