

Pear and Parsnip Mash



Serves	4
Prep time	10 minutes
Cook time	10 minutes
Total time	20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Side Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 4 Medium Parsnips (peeled and chopped into large pieces)
- Sea Salt
- 1 Ripe Pear (peeled and roughly chopped)
- 2 tablespoons Unsalted Butter

Directions

1. Place the parsnips into a pot of cold water seasoned with sea salt. Bring to the boil over a high heat and cook until tender (approximately 10 minutes).
2. Strain the parsnips and pass through a mouli or mash with a potato masher (the mouli will remove the stringy bits).
3. Add the butter and pear and mash again. Serve warm.

Note

Moderate Salicylates, Low Glutamates, Low Amines