



PARSNIP SOUP

Serves: 4

Ingredients

- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 teaspoon grated fresh ginger root
- 1 small carrot, thinly sliced
- ½ stick celery, thinly sliced
- ¼ teaspoon dried thyme
- 30g unsalted butter
- 3 medium parsnips, thinly sliced
- 500ml chicken stock
- salt
- pepper
- ground nutmeg
- crème fraiche (if desired)

Method

1. Heat the butter in a saucepan and cook onion, garlic, ginger, carrot, celery and thyme for 10 minutes over medium-low heat or until onion is soft.
2. Add parsnips and stock.
3. Bring to the boil.
4. Cover and simmer for 15 minutes until the vegetables are very soft.
5. Puree soup and season with salt, pepper and nutmeg.
6. If the soup is too thick, thin with some water.
7. If you like a creamy soup add some crème fraiche.

