



Curried Parsnip Soup

Serves 4

Ingredients:

- 500 g parsnips, peeled and sliced (keep peelings for the crispy parsnips garnish)
- 1tbsp olive oil
- 2 garlic cloves, crushed
- 1 piece ginger – 4cm, grated
- 1 vegetable stock cube (dissolved in 2l boiling water)
- 1tbsp medium curry powder

Method:

1. Preheat the oven to 180°C
2. Peel the parsnips and slice into roughly 2cm chunks
3. Place the peelings on a baking tray and toss in ½ tbsp oil
4. Bake for 10-15 minutes or until crispy and set aside
5. Heat 1 tablespoon of oil in a large saucepan and add the crushed garlic and ginger
6. Stir for 2 minutes until fragrant
7. Add the chopped parsnips along with the curry powder and stir to coat
8. Add the vegetable stock and increase the heat to high
9. Simmer for around 15-20 minutes or until the parsnips are tender
10. Blend until smooth using a stick blender
11. Serve topped with crispy parsnips

