

Curried Parsnip Soup

You'll need:

5 parsnips, roughly 800g
2 white onions
1 clove garlic
1 thumb sized piece of ginger
2 tablespoons curry powder
1 litre veg stock
2 tablespoons oil/butter
salt and pepper

1. Start by peeling the parsnips, onions, garlic and ginger. Chop them all roughly and place each ingredient into separate bowls.
2. Place a large pot on medium heat and add your oil or butter. Once hot, add your onions and a pinch of salt, and cook for 10-15 minutes until soft and starting to brown.
3. Add all the remaining vegetables, curry powder, and stock. Bring to the boil and turn the heat down to a gentle simmer. Cook for roughly 25-30 minutes. Check the parsnips are cooked by breaking up with a fork.
4. Once the parsnips are cooked, remove from the heat and blend. Adjust the consistency with water if needed. Check the seasoning and add a pinch of salt and pepper if needed.

Liam's Top Tips: you can use water if you do not have any vegetable stock/stock cubes. To make the soup creamier, add 300ml of coconut milk, whole milk, or double cream with the stock.