



Curried Parsnip Soup

by Morven Lean, SCPN Recipe Team ⌚ 45 mins 👥 Serves 6

#SoupOnSaturday



A nutritious, full-bodied soup with a spicy kick, Curried Parsnip is well up to the job of warming some hearts this #SoupOnSaturday!

Ingredients

- 1 Medium Onion (peeled & diced)
- 8 Parsnips (peeled & chopped)
- 1 Tbsp Fresh Ginger (grated)
- 2 Sweet Potatoes (peeled & chopped)
- 1 Tbsp Curry Spice
- 1/2 Tbsp Chili Flakes
- 750ml Boiling Water
- 100ml Milk

Method

1. Lightly fry the onion until softened and golden. Add in the ginger, and mix continuously for 2 minutes.
2. Add in the parsnips and potatoes with water, and allow to boil until the vegetables become soft.
3. Add in the milk, chili flakes, and curry spice, and blend to taste.
4. Serve with a dollop of low-fat yoghurt!