



Parsnip & Apple soup - Serves 4

Ingredients:

- 1 tbsp vegetable oil
- ½ onion
- 1 parsnip, chopped
- ½ cooking apple, peeled and chopped
- 1pt/500ml vegetable stock
- ½ tsp dried parsley

Method:

1. Heat the oil in a pan; add chopped veg and apple and sauté, stirring frequently, until the onion is transparent.
2. Add the stock, bring to the boil and reduce the heat.
3. Cover and simmer for 30 minutes.
4. Leave to cool slightly and blend.
5. Add the parsley and reheat to just below boiling point.
6. Season to taste

Did you know ?

Parsnips have a distinct sweet flavour and are high in fibre. Fibre helps to keep our digestion healthy. It helps to keep our hearts healthy by reducing cholesterol levels in the blood.

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