

PARSNIP AND APPLE SOUP

Serves 4



INGREDIENTS	EQUIPMENT
1 tablespoon olive oil 1 medium onion – peeled and chopped 1 garlic clove – peeled and crushed 4 parsnips – peeled and chopped 1 Bramley apple – peeled and chopped 1 vegetable stock cube or 1 tablespoon vegetable bouillon (reduced salt, if possible) 1 tablespoon clear honey 2 tablespoons single cream ground black pepper	saucepan and lid wooden spoon measuring jug tablespoon chopping board sharp knife blender ladle

METHOD

1. Gently fry the onion and garlic in olive oil for 5 minutes then add the parsnips and apple and fry for a further 5 minutes, stirring to prevent browning.
2. Make up the vegetable stock with 600ml boiling water.
3. Add the vegetable stock to the pan, bring to the boil and simmer for 15 – 20 minutes until the vegetables are tender.
4. Ladle the soup into the blender goblet. Whizz until smooth. Return the soup to the pan and stir in the honey and single cream. Season the soup with black pepper. Serve piping hot.

RECIPE NOTES AND TIPS

- Look for reduced salt stock cubes or powders in the supermarket – an easy way to eat less salt.
- Allow the soup to cool before blending and follow the guidelines in the blender handbook.

ALLERGY AWARE

This recipe contains:

- Milk (single cream)

Per 121g serving

	ENERGY	656kJ / 157kcal	8%
MED	FAT	5.6g	8%
LOW	SATURATES	1.5g	8%
MED	SUGARS	14.1g	16%
MED	SALT	0.8g	13%

% of an adult's reference intake

Typical values per 100g : Energy 542kJ / 130kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (121g)
Energy	542kJ / 130kcal	656kJ / 157kcal
Protein	2.3g	2.8g
Carbohydrate (of which sugars)	17.1g (11.7g)	20.7g (14.1g)
Fat (of which saturates)	4.6g (1.2g)	5.6g (1.5g)
Fibre	4.9g	5.9g
Salt	0.6g	0.8g