



Festive parsnip and apple soup

Festive parsnip and apple soup

Serves 12

2tbsp olive oil

½tbsp butter

2 medium onions, chopped

2 garlic cloves, crushed

700g parsnips, peeled and sliced into cubes

1 large apple, peeled, cored and sliced

1tsp ground cinnamon

1.2 litres vegetable stock

crème fraîche, to garnish

12 vegetable crisps, to garnish

chopped chives, to garnish



cinnamon and stir in well.

3 Then add the stock gradually and leave the soup to simmer gently over a medium heat for one hour. Remove from the heat and use a hand-held blender to purée the soup.

4 Serve the soup in mini heatproof serving glasses topped with a small dollop of crème fraîche and a vegetable crisp.

Fat	5g	Saturated fat	2g	Energy	96kcal
Protein	2g	Sodium	.1g	Fibre	3g
				Carbs	11g

Brought to you by...

Easy Food

1 Heat the oil and butter in a large heavy-based saucepan and fry the onion and garlic until soft and translucent.

2 Add the parsnips and apple and fry with the onions for about five minutes. Add the