



Parsnip and Apple Soup

Serves 6-8

SUMMARY

Comfort food at its best, this is sure to be a winner.

INGREDIENTS

1.5kg Parsnips
600g Onions
250g Potatoes
12.5g Garlic
500g Apples – de cored
25ml Apple Juice
3 Litres Water
3 Stock Cubes
10g Salt



METHOD

1. Heat a splash of oil in a large saucepan over a medium heat
2. Sweat off the onions and garlic in the pan
3. Add all the parsnips, potatoes, stock cubes & water and bring to the boil and cook for 25 minutes
4. De core your apples
5. Add the de cored apples to the pan and cook for a further 25 minutes
6. Add the apple juice then blend
7. Serve

