

Autumnal recipe

Spiced Parsnip and Apple soup

Designed with you in mind by Jay our chef at
Holyrood Warrington





Ingredients

1/2 tsp cumin

1/2 tsp ground coriander

30g butter

1 onion

400g peeled diced parsnip

1 chopped garlic clove

1/2 tsp turmeric

1/2 tsp garam masala

1/2 tsp medium curry powder

1 apple peeled & diced

600-700ml veg stock

2 tbsp creme fraiche

1 tsb chopped chives



Method

- 1. In a pan add butter, onion, garlic, cumin, coriander, turmeric, garam masala & curry powder**
- 2. Gently fry until the onion is brown and soft**
- 3. Add veg stock, parsnip and apple and simmer for around 30 mins until parsnips are fully cooked**
- 4. Add crème fraiche and blend until smooth (no lumps)**
- 5. Sprinkle on chives and a dollop of crème fraiche to garnish**

Voila!