

# Curried Parsnip Soup

Serves 6

Parsnips have an interesting, slightly exotic flavour which is a perfect match with Indian spices. You can serve a yoghurt and cucumber raita and naan bread alongside this fragrant, creamy soup or stay western and pair it with a crusty baguette.

1 medium onion, chopped  
1 tbsp coconut oil  
1 clove garlic, crushed  
1 tbsp fresh ginger, grated  
1 tbsp medium curry powder  
1 tsp ground coriander  
2lb/1kg parsnips, peeled and chopped  
1 apple, peeled, cored and diced  
2 ltr/8 cups vegetable stock  
Salt to taste

Heat oil and saute onion for a few minutes, add garlic, ginger and spices, stir and cook for another minute then add remaining ingredients. Simmer until parsnips are soft, then puree, season to taste and serve garnished with a little cooked rice, fresh cilantro or yoghurt.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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