

'What's Cooking!' Recipe Cards

PARSNIP AND LEEK SOUP



Food Fact:-

Parsnips are a very good source of potassium and therefore can be considered a health food as they can help reduce blood pressure.

As in the case of most slow growing root vegetables parsnips are high in nutrients as they absorb the goodness in the soil over a period of time.

Preparation time 8-10 mins

Cooking time 15 mins

Serves 4



PARSNIP AND LEEK SOUP

Ingredients

1. Put the parsnips, leeks, crumbled stock cube and mace into a large bowl. Add 150ml (1/4 pt) water and season with salt and pepper. Cover and cook for 10 minutes, stirring once or twice.
2. Stir in the milk, tip into a blender or food processor and puree until smooth.
3. Reheat for 3-5 minutes.
4. Serve sprinkled with chives.

225g (8 oz) parsnips, finely chopped or grated
225g (8 oz) leeks, thinly sliced
1 stock cube
pinch of ground mace (or nutmeg)
salt and freshly ground pepper
450ml (3/4 pt) milk
30ml (2 tbsp) snipped chives