

Parsnip Apple & Curry Soup



Food Fact:-

Parsnips are high in Potassium, Calcium and vitamin C. And lentils are a good source of protein and fibre.

Preparation time 8 mins

Cooking time 16 mins

Serves 2-4

REAL FOOD WORKS

Parsnip Apple & Curry Soup

Ingredients

1. Put chopped onion, parsnips and oil in a bowl cover and cook on FULL power for 3 minutes.
2. Add lentils, apple, curry powder, herbs and ½ the stock. Cover and cook on FULL power for 10 minutes.
3. Add the rest of stock and cook on FULL power for 3 minutes.
4. Blend and serve with crusty wholemeal bread.

2 large parsnips, peeled and chopped
1 onion, peeled and chopped
1 tbsp oil
55g(2oz) split red lentils
1 tsp curry powder
1 eating apple, chopped
900 ml hot vegetable stock
2 tsp mixed herbs

