

PARSNIP SOUP WITH THAI FLAVOURS

2tbsp vegetable oil
2 onions – thinly sliced
75g thai red curry paste
20g fresh root ginger
750g peeled and diced parsnips
400ml reduced fat coconut milk
1 fresh lime -juice only
1litre vegetable stock
1 red chilli finely sliced
Salt and pepper to taste

Heat oil in large pan and fry onions gently for 10 minutes until soft.

Add curry paste and grated fresh ginger. Fry for another 3-4 minutes

Add parsnips, coconut, milk and seasoning. Bring to the boil and then reduce heat and simmer for approx. 30 minutes until parsnips are tender

Blend with stick/standing blender or food processor until smooth

Serve hot with finely sliced red chilli

