

A top-down view of a rustic, dark brown ceramic bowl filled with a thick, creamy, light-colored soup. The soup is garnished with numerous small, roasted vegetable chunks in shades of orange, brown, and yellow, along with sliced green onions. The bowl is set against a light blue, textured background.

Chunky roast parsnip,
carrot and ginger soup

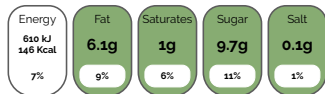
WAYS  WELL

Chunky roast parsnip, carrot and ginger soup

Vegan | 1 of 5 a-day

SERVES 4

Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)

Typical values per 100g: Energy 288kJ/69Kcal

INGREDIENTS:

750g parsnips	2 cloves garlic, crushed
150g carrots	250ml vegetable stock
1 tsp root ginger, peeled, finely grated	250ml apple juice
180g white onions	10g chives, chopped
35ml olive oil	Sea salt and freshly ground black pepper

METHOD:

1. Peel the parsnips, carrots, ginger and onions.
2. Weigh out 150g parsnips and together with the carrot dice into 1cm cubes. Lightly season and mix with 10ml olive oil and roast at 190°C for 20 minutes. Reserve.
3. Chop up the rest of the parsnips roughly, season and mix with 10ml olive oil, roast at 190°C for 15 minutes.
4. Dice the onions, garlic and ginger, add 15ml olive oil to a pan and gently fry the vegetables until soft.
5. Add the roughly chopped and roasted parsnips- but not the reserved vegetables - vegetable stock and apple juice, to cover the vegetables adding a little water if necessary and simmer until everything is soft.
6. Blend until smooth, adjust consistency as necessary and season.
7. Add the reserved roasted vegetables and stir through, sprinkle with chives and serve.