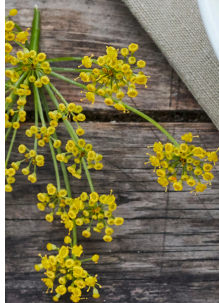
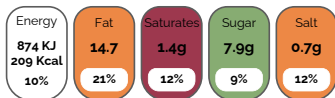


Curried parsnip with dill yoghurt

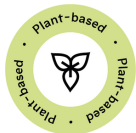


Curried parsnip with dill yoghurt

SERVES 10



Of an adult's Reference Intake (8,400KJ / 2000Kcal)
Typical values per 100g: Energy 612KJ/146Kcal



INGREDIENTS:

Soup

- White onions – 500g
- Fennel seeds – 7g
- Madras curry powder – 12g
- Garlic – 12g
- Parsnips – 1000g
- Vegetable stock – 1500ml

Dill Yoghurt

- Greek Yoghurt – 500g
- Dill – 15g
- Pinch of salt

METHOD:

1. Start by slicing the onions and adding them to a pan with half the oil, fennel seeds, and curry powder.
2. Crush or grate the garlic and add it to the pan.
3. Peel and dice the parsnips, then add them to the pot.
4. Add the stock to the pot and boil the vegetables until tender.
5. While the vegetables are boiling, mix the yoghurt, finely chopped dill, and a pinch of salt in a small bowl.
6. Transfer the cooked vegetables to a blender (ideally a Thermomix or Vitamix for the best consistency) and blend until smooth.
7. Add the remaining oil and season to taste, then blend again to combine.
8. Pour the soup into bowls and top with the dill yoghurt and some black pepper.
9. Any leftovers can be stored in the fridge for up to 3 days or frozen for up to 3 months.