



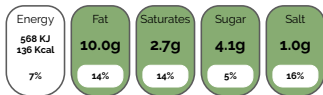
Beetroot & apple soup with
horseradish yoghurt

WAYS  WELL

Beetroot & apple soup with horseradish yoghurt



Per Average Serving



Adults need around 2000Kcal/84000kJ a day.
Typical values per portion: Energy 136Kcal/568kJ.

INGREDIENTS (serves 4)

800g beetroot	3 tbsp olive oil	1 lemon
100g Maris Piper potatoes	2 bay leaves	75g coconut yoghurt
125g onions	1500ml water	25g horseradish cream/sauce
90g celery	3g fine salt	
8g ginger	2g black pepper	
8g garlic	1 tbsp red wine vinegar	
8g red chilli	5g flat leaf parsley	
175g apples	5g dill	

METHOD:

1. Peel and roughly dice the beetroot, potato and onions, and dice the celery. Peel the ginger then finely chop along with the garlic and chilli. Peel and dice the apple.
2. Heat 70ml oil in a large pot over medium heat. Add the onion, and celery. Cook, stirring occasionally for 4- 5 mins or until the onion is soft and a light brown in colour, Add the beetroot, potato, garlic, ginger, chilli and cook for 2 mins.
3. Add the apples and 3 bay leaves to the pot. Saute for a minute or two. Pour in the water. Bring to a boil, season with salt and pepper.
4. Reduce the heat to low, cover, and simmer for 45-60 mins or until the beetroot and vegetables are tender. Add the vinegar. Remove from the heat, remove the bay leaves, and blitz the soup to a puree. Taste the soup and adjust seasoning if needed.
5. To finish the soup; wash and finely chop the parsley leaves and dill. Zest and juice the lemon.
6. For the horseradish yoghurt; Add half the herbs to the yoghurt, then the lemon zest and juice, horseradish sauce and season to taste.
7. To serve; Place the soup in a bowl and top with a spoon of horseradish yoghurt.