

The image shows three bowls of a hearty soup or broth. The bowls are made of light-colored ceramic with a dark brown, rustic-style rim. They are filled with a clear, light-colored broth. The ingredients include chunks of pale yellow celeriac, dark green kale leaves, slices of red-skinned apples, and small white grains, possibly pearl barley or quinoa. There are also small red and yellow garnishes scattered throughout. The bowls are arranged on a dark, weathered wooden surface. In the bottom left corner, a small piece of golden-brown, crusty bread is visible.

Celeriac, Kale, Apple & Chilli Broth

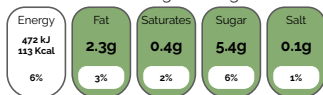
WAYS
TO BE
WELL

Hugh Kearns & Whittingdale's
RIVER COTTAGE

Celeriac, Kale, Apple & Chilli Broth

SERVES 4, VEGAN, 1 OF 5 A DAY

Per average serving



Of an adult's Reference Intake (8400KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

80g onion
130g celeriac
6 bramley apples
1 tbsp oil
3 garlic cloves

6 sprigs of thyme
30g curly kale
60g pearl barley
800mls Water
1 tsp black pepper

2 red chillies
1 veg stock cube

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METHOD:

1. Peel and dice the onion and celeriac into 1cm cubes.
 2. Core and dice apples into 1 cm cubes.
 3. Add the oil to a pan and sweat the onions, garlic, celeriac and thyme until softened.
 4. Add the rest of the ingredients bar the apple and cook gently until the barley is ready.
 5. Add the apple and cook for a further 3-4 minutes.
 6. Season.
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