Spicy parsnip soup

A warming soup with sweet parsnips, a touch of garam masala, and a kick of chilli. Creamy and comforting, it's perfect for those who enjoy a bit of spice!

Makes: 3 portions

Ingredients

- 1 tbsp olive oil
- 1 small onion, peeled and roughly chopped
- 1 clove garlic, peeled and roughly chopped
- 2cm piece fresh ginger, peeled and roughly chopped
- ½ tablespoon garam masala
- 3 parsnips, peeled and chopped into chunks
- 250 ml semi-skimmed milk
- 500ml vegetable stock
- Sea salt
- freshly ground black pepper
- ½ fresh red chilli, deseeded and finely sliced
- 1 small handful fresh coriander leaves, optional

Top tips

- Use coconut milk instead of regular milk to make it vegan

Method

1. Over a medium heat warm the olive oil in a large saucepan. Add the onion, garlic, ginger and garam masala. Gently fry for around 8-10 minutes, until the onions are soft and sweet but not brown.
2. Add the chopped parsnip and stir together so that everything gets coated in the oil and flavours. Pour in the milk and stock, season well and bring to the boil. Turn down the heat and simmer for 20 minutes with a lid on until the parsnips are cooked.
3. Use a knife to check that the parsnips are cooked through. Remove the pan from the heat and leave the soup to cool slightly. Carefully whiz up using a hand blender or liquidiser. Taste the soup to see if it needs a little more salt or pepper.
4. Serve with a sprinkling of sliced red chilli and a few coriander leaves.