



## Young Marketeers Winter Sale

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### Parsnip & Pear Soup

Recipe by Michaela Bowles

Serves 4

#### Ingredients

1tbsp oil  
1 onion, peeled and chopped  
1 garlic clove, peeled and crushed  
4 parsnips, peeled and chopped  
2 eating pears or apples, peeled and chopped  
500ml vegetable stock  
1tbsp clear honey  
2tbsp natural yoghurt, crème fraiche or cream, optional

#### Equipment

Saucepan & lid  
Wooden Spoon  
Jug  
Board  
Knife  
Blender  
Ladle

#### Recipe

- Heat a large saucepan and add the oil, once hot add the onion and garlic and cook for 3-5 minutes.
- Add the parsnips and pear and cook for a further 2 minutes.
- Add the stock and honey and cook for 10-15 minutes or until the parsnips and pear have cooked.
- Add the yoghurt, crème fraiche or cream if using and stir, then blend until smooth.

