**Spicy Parsnip and Apple Soup**



**You will need:**

2 Large Parsnips

1 large Onion

2 Apples

1 tablespoon of oil

1 clove of garlic

2 teaspoons of curry powder

1 stock cube

* Peel and chop up the parsnip into small pieces and peel and chop up the apple.
* Chop the onion into small pieces and start frying it slowly in a pan
* After about 5-6 minutes when the onion is transparent add the garlic and fry for a minute.
* Stir in the curry powder and then the parsnips and apples and fry gently for a minute.
* Add the stock to the pan and enough water to cover the parsnips and apples.
* Simmer for about 20-25 minutes until the parsnips are soft.
* Use a hand liquidiser to make a smooth soup. If the soup is too thick then add more water and re heat it.
* I put a teaspoon of cream and some coriander on top -it makes a better photo and will taste good, but is optional.

