Curried Parsnip and Carrot Soup

Serves: 1
Prep time: 10 Minutes
Cooking time: 15 Minutes

This soup has a sweet fresh taste with a spicy kick to it

Ingredients:

- 1 small onion, chopped
- 10g butter
- ½ teaspoon good quality curry powder
- 1 parsnip, chopped
- ½ carrot, chopped
- ½ stick celery, chopped
- 100ml vegetable stock
- 80 ml coconut milk
- 1 tablespoon coconut yoghurt

Method:

- Melt butter in a small saucepan over medium heat
- Add onion and curry powder and cook for one minute
- Add vegetable stock, coconut milk and yoghurt to the onion mixture
- Add chopped parsnip, carrot and celery
- Cook over medium heat for 8-10 Minutes
- Cool slightly and blend till smooth
- Serve hot or cold

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