

Curried Parsnip Soup

Ingredients

125g onion, chopped

2 garlic cloves, crushed

2-3 teaspoons medium curry powder

2 tablespoons olive oil

300g parsnip, peeled

150g carrots, peeled

1l (1¾ pint) vegetable stock*

A pinch of salt and pepper, to taste

100ml low protein milk

*usually protein free but check protein content on label

Method

1. In a large pan, fry the oil, onion, garlic and curry powder over a moderate heat for a few minutes, until the onions are tender. Stir occasionally to prevent the onions sticking.
2. Finely chop or process the parsnips and carrots, add to the pan with the stock and season with a pinch of salt and pepper.
3. Bring to the boil, reduce the heat, then cover and simmer for 20 minutes until the vegetables are tender.
4. Remove the pan from the heat and liquidise or process the soup until smooth.
5. Return the soup to the pan, stir in the low protein milk and reheat the soup.
6. Serve with low protein rolls.