



SOUPS

PARSNIP & SWEET POTATO BLISS

no waste meal

INGREDIENTS

- 1 onion
- 2 garlic cloves
- grated ginger
- 1 tsp curry powder
- 1 large sweet potato
- 2 parsnips
- 1/2 apple (peeled, core removed)
- 3 Tbsp red lentils
- 600ml vegan broth
- salt & pepper
- juice of 1/2 lemon
- coconut milk (optional)

PREPARATION

1. Wash well sweet potato and parsnips, then dry with a kitchen towel and peel, saving the peels for the topping. Cut all into chunks.
2. Heat the oil, add finely cut onion and mashed garlic clove, grated ginger and curry powder. Sauté for a minute until nice and fragrant.
3. Add the sweet potato, parsnips and apple, sauté for a few min. Add vegan broth or water, bring to boil and then add red lentils. Let it simmer for 15min or until all the veg is very soft, season with salt and pepper.
4. In the meantime, heat a few drops of olive oils in a pan and add the peels. Keep stirring until crispy on sides.
5. When the veg is cooked through, remove from the stove and blend to get a nice creamy soup. Season with more salt if necessary, add lemon juice and coconut milk (optional, because the soup is very filling without it too).
6. Serve topped with crispy parsnip peels.