

Carrot & Parsnip Soup



Ingredients

- 1 Tbs olive oil
- 1 large onion
- 500g carrots
- 500g parsnips
- 1 leek
- 1 Tbs mild curry powder
- 2 chicken stock cubes
- 100g red lentils

Method

Peel and chop the onion, carrots, parsnips and leek.

Heat the oil in a large saucepan, then fry the onion for 2 minutes.

Add the chopped carrots, parsnips and leek to the saucepan.

Sprinkle over the curry powder and red lentils and stir to mix in.

Crumble the stock cubes into the saucepan and add 1 litre of hot water.

Put a lid on the saucepan and cook for 20 minutes.

Let the soup cool a little then whizz until smooth with a stick blender.

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