

# November's recipe of the month

## Parsnip soup with curried croutons

*Parsnips are coming into season and this soup is a great way to use them, it's lovely for lunch on a cold day or a tasty starter to your evening meal. Curried croutons add a spicy twist!*

### Ingredients

- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tsp grated fresh ginger root
- 1 small carrot, thinly sliced
- 1/2 stick celery, thinly sliced
- 1/4 tsp dried thyme
- 30g unsalted butter
- 3 medium parsnips, thinly sliced
- 500ml stock
- Salt
- Pepper
- Pinch of nutmeg

### Method

Heat the butter in a saucepan and saute onion, garlic, ginger, carrot, celery and thyme for 10 minutes over medium-low heat or until onion is soft.



Add parsnips and stock. Bring to the boil. Cover and simmer for 15 minutes until the vegetables are very soft.

Puree soup and season with salt, pepper and nutmeg. If the soup is too thick, thin with some water.

### Spicy croutons

- 6 slices of bread
- 1 tbsp olive oil
- 2 tbsp butter
- 1 tsp curry powder
- 1 tsp coriander
- Chilli powder to taste
- Pinch of salt

In an ungreased 13-in. x 9-in. baking pan, combine the butter, oil and spices.

Heat in a 200°C oven until butter is melted. Remove from the oven; stir to combine.

Add bread cubes and toss to coat.

Bake for 10-15 minutes or until lightly browned, stirring frequently.

Use straightaway or cool and store in the refrigerator in an airtight container.

### Top tip

If you would like a creamier soup add some crème fraiche.

Croutons are a great way to use up stale bread.

Why not try garlic, dried basil and oregano instead of curry spices?

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