



CREAMY PARSNIP SOUP WITH MUSTARD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 40 mins

Serves: 4-6



INGREDIENTS

- 1 tbsp coconut oil
- 4 spring onions, finely chopped
- 500g parsnips, peeled and sliced 1cm pieces
- 1 cup stock, vegetable or chicken
- 2 cups water
- 1 tsp ground tumeric
- 1 x 400mls can coconut cream/milk
- 1 tbsp mustard (or 2 if preferred)
- 2 tbsp parsley, finely chopped to serve
- 1 tsp salt
- 6 shakes pepper

METHOD

- In saucepan, heat coconut oil and fry onion and tumeric for 5 minutes.
- Add parsnips and fry for 10 minutes while stirring.
- Add stock, water, salt and pepper and bring to the boil.
- Simmer for 20-30 minutes until parsnip is tender.
- Stir in mustard and coconut cream/milk and reheat.
- Serve hot, garnished with chopped parsley.