

# Curried Beetroot and Apple-Ginger Soup

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- 1 tbsp coconut oil
- 1 large white onion, diced
- Thumb sized piece fresh ginger, crushed
- 2 cloves garlic, crushed
- 1 tbsp coriander
- 1 tsp turmeric
- 1 tsp cumin
- 8 cardamom pods, crushed
- 4 curry leaves
- 1 cinnamon stick, snapped in half
- 750g parsnips, cores removed, diced
- 1 litre vegetable stock
- 2 apples (I used Gala)



*This soup is such a welcome change from the norm. The fragrant curry spices work perfectly with the parsnips, and the sweetness of the apple adds a whole different dimension. The texture is*

*very different too thanks to the grated apple. Try serving topped with some toasted flaked almonds – delicious!*

Curried Parsnip, Apple and Ginger Soup How To:

- 1) Heat the coconut oil in a large saucepan or a small stock pot. Add the onion and cook on a low heat for about 5 minutes until soft. Add the ginger and garlic and cook for another 2 or 3 minutes.
- 2) Add the spices to the saucepan and stir frequently, taking care to make sure that they do not burn. Cook for about a minute or so, before adding the parsnips and the stock. Bring to the boil, then simmer gently for around 40 minutes.
- 3) Remove the soup from the heat. Remove the cinnamon stick and curry leaves, then blitz in your blender. Return to the heat.