



READY TO COOK
BY HARRIS FARM

PARSNIP, LEEK AND BACON SOUP



PREP
15 min



COOK
1 hr



SERVES
4

INGREDIENTS:

- > 1 Onion
- > 1 Leek
- > 15g Garlic
- > 2 Parsnip (1 Soup + 1 Chips)
- > 500g Potatoes
- > 100g Bacon
- > ¼ Cup Pepitas
- > 1L Vegetable Stock
- > 125g Sour Cream

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil

METHOD - GET COOKING!



1

Preheat the oven to 180°C.

Roughly **chop onions, leek and garlic** and **set aside**.

Finely chop the bacon, then **peel and dice the potatoes and parsnip** into 2cm pieces.

2

In a hot pan, drizzle in some olive oil and **add the onion, leek, garlic, and half the bacon**. **Sauté** for 5 minutes **until golden brown**.

Add the potato and parsnip and **sauté** for another 3 minutes.

3

Add stock, season with salt and pepper, **stir well**, and **bring to the boil**. Then **turn down** to a **low heat** and **cook** for 45 minutes until potatoes are soft.

Meanwhile, **peel the leftover parsnip** and **slice thin strips** until you reach core of the parsnip.

Place strips on baking tray with a **drizzle of olive oil**. **Place into preheated oven** for approximately 10 minutes.

4

In a pan, cook leftover bacon until crispy and reserve for garnish.

Use a blender to blitz soup until smooth and creamy. **Stir in the sour cream** and **garnish** soup with **crispy bacon, pepitas and parsnip chips**.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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