



## Parsnip Soup with Chilli Maple Parsnip Chips

Serves	Serves 2-4
Prep Time	10 minutes
Cooking Time	30 minutes



### Ingredients

- 1 Tbspn Olive Oil
- 20gms unsalted butter
- 1 small brown onion, chopped roughly
- 2 cloves garlic
- 5 good size parsnips
- 1 medium sized potato
- Salt and pepper
- 2 – 3 cups best quality chicken stock
- 1 Tbspn Olive Oil
- 1 Tbspn maple syrup
- Chilli flakes

### Method

1. Heat the butter and oil in a large saucepan over a medium heat until the butter is melted.
2. Cook the brown onion until soft (around 5 mins), add crushed garlic and cook for another 2 minutes.
3. Roughly chop 4 ½ parsnips and the potato, add to the pan and cook for another 5 minutes.
4. Add chicken stock – 2 cups for a very thick soup, 3 if you prefer your soup thinner.
5. Bring to the boil, reduce to a simmer- cover with a tight fitting lid and cook for 20 minutes.



6. Meanwhile preheat the oven to 200 C.
7. Use a vegetable peeler to slice thin strips of remaining parsnip.
8. Combine oil, maple syrup, chilli flakes (as many or as few as you like) with the parsnip strips and combine until each strip is well coated.
9. Layer the strips on a baking tray lined with baking paper.
10. Cook the parsnip strips for 5 – 7 minutes, until nice and golden and remove from the oven. They will crisp on cooling.
11. Strain the soup, reserving the liquid.
12. Blend the vegetables until smooth. Return to saucepan with the reserved liquid, combine and season to taste. Keep over a gentle heat until ready to serve.
13. Serve in bowls with parsnip chips – or see other suggestions below.

### Recipe Tips:

- For a meat-free option – replace chicken with vegetable stock.
- This is such a basic soup it can carry a lot of extra flavours through “soup sprinkles” –try:
  - Crispy bacon
  - Extra chili flakes or fresh chilli
  - Fresh cream
  - Truffle Oil
  - Brown butter
- To make into a more complete meal –add crusty fresh bread, and pan seared scallops