



Deliciously Sweet Recipe Idea

Southland
Sweetness

Sweet, fresh & tasty parsnips from cool Southern climates



Parsnip and Bacon Soup

So sweet. So fresh. So tasty!

*For deliciously healthy recipe ideas,
visit www.sosweet.co.nz*

*Proudly, passionately grown
and packed by:*



Parsnip and Bacon Soup

Ingredients

- 2 tbsp butter
- 1 onion, diced
- 1 tsp curry powder
- 1 clove garlic, peeled and chopped
- 1 small to medium kumara (200g) peeled and chopped
- 1 kg parsnip, peeled and chopped
- 1 ltr chicken stock
- 150 ml cream
- 2 tbsp chives
- 3 bacon rashers, chopped
- 3 bacon rashers, chopped and cooked (for garnish)
- 1 salt and freshly ground black pepper



Method

1. Melt the butter in a heavy-based saucepan and cook the bacon, onion, curry powder and garlic for 5 minutes until soft.
2. Add parsnips and chicken stock and bring to a gentle simmer. Cook for 20 minutes, until the parsnips are very soft. Remove the pot from the heat and leave to cool slightly.
3. In small batches add to a blender and whiz until smooth, then stir in the cream and add salt and freshly ground pepper to taste.
4. Pour the soup back into the saucepan to heat and stir in the chopped chives.
5. Garnish with chopped cooked bacon rashers. You can even add a little aioli as an extra.

So sweet. So fresh. So tasty!

For deliciously healthy recipe ideas,
visit www.sosweet.co.nz

Proudly, passionately grown
and packed by: