

Spicy Parsnip Soup

1 large onion chopped

2 cloves garlic chopped

1 thumb size piece ginger chopped

1 tablespoon garam masala

500ml semi skimmed milk

1000ml vegetable stock

Splash olive oil

6 parsnips chopped

Fry onion garlic ginger and garam masala in a little olive oil for 10 min. Add parsnips and stir to coat in the spices. Add milk and stock and season well. Bring to boil and simmer for 30min.