



# Spiced potato soup

Serves four

Vegetarian with vegan option

## Ingredients

1 tbsp sunflower oil

1 veg stock cube

2 large baking potatoes or equivalent

1 medium onion

1lb parsnips and carrots

200ml milk or coconut milk for vegans

1/2 tbsp medium curry powder

Salt and pepper to taste

● May contain milk

## Method

1. Roughly chop the potato, veg and onion, heat a large saucepan with the oil and add the chopped ingredients, salt, pepper and curry powder.
2. Gently fry for a few minutes until starting to brown then add boiling water to cover, add the stock cube and stir well. Simmer until everything is soft and the water has reduced by half.
3. Add the milk or coconut milk and adjust the seasoning. Allow to cool a little then blend until smooth.

### Optional:

Chop up some old bread, place on a baking tray with a little oil, salt, pepper and some dried herbs. Bake on 150 C for 12 minutes and serve with the soup.