



Roasted Jerusalem Artichoke, Parsnip & Ginger Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 40 MIN

Ingredients

- 500g Jerusalem artichokes, scrubbed and chopped
- 3 parsnips, peeled and chopped
- 1 medium onion, chopped
- 1–2 tbsp fresh ginger, grated (adjust to taste)
- 2 tbsp olive oil
- 1 litre vegetable stock
- Salt and black pepper, to taste
- Optional: splash of cream or coconut milk to finish

Directions

1. Preheat the oven to 200°C (fan 180°C / Gas 6).
2. Place the Jerusalem artichokes, parsnips, onion, and ginger on a large roasting tray.
3. Drizzle with olive oil, season well, and toss to coat.
4. Roast for 35–40 minutes, until soft, caramelised, and lightly golden.
5. Tip everything into a blender with the vegetable stock.
6. Blitz until smooth, adding a little extra hot water if needed.
7. Taste and adjust seasoning. Add a splash of cream or coconut milk if you fancy.

Deeply comforting, gentle on the system, and perfect for a slow February evening.