

Delicious Dinners

Winter Warmers



Parsnip Soup

Ingredients

1 onion (cut into eighths)
2 parsnips (roughly chopped)
2 carrots (roughly chopped)
2 tomatoes (halved)
1 clove garlic
1 litre of vegetable stock
2 tablespoons olive oil
1 teaspoon cumin seeds
Fresh parsley (to garnish)
Splash lemon juice

Equipment

Oven
Baking sheet
Blender
Saucepan
Hob
Knife
Chopping board

Method

1. Coat the vegetables with the olive oil and roast at 220°c until tender
2. Remove the vegetables from the oven and allow to cool slightly
3. Add the vegetables, cumin seeds and lemon juice to the stock and blend until smooth
4. Transfer to a saucepan and heat until simmering
5. Sprinkle with chopped parsley and serve with toasted wholemeal bread

Leek and Potato Bake

Ingredients

4 potatoes (sliced)
2 leeks (sliced)
150ml vegetable stock
150ml crème fraîche
100g cheese (grated)
2 teaspoons dried parsley

Equipment

Oven
Ovenproof dish
Chopping board
Knife

Method

1. Layer the potatoes and leeks into the ovenproof dish
2. Mix together the crème fraîche, dried parsley and vegetable stock and pour over the stock and crème fraîche
3. Sprinkle over the grated cheese and cover with foil
4. Bake at 180°c for 30 minutes
5. Remove the foil and continue to bake until the potatoes are tender and the cheese is golden