



Lunch and dinner options - Soups

SILKY CELERIAC SOUP

1-2 servings

Ingredients

Coconut oil for cooking

1 large white onion, finely chopped

1 medium celeriac, peeled and diced, plus extra to garnish

750ml-1 litre vegetable stock

1 sprig fresh parsley, chopped

Sea salt or Himalayan salt and black pepper

Directions

Heat a 1tsp coconut oil in a large pan, add the onion and garlic and cook for 4-5 minutes, until softened. Add the diced celeriac and cook for another 5 minutes.

Add enough vegetable stock to cover, bring to the boil, reduce the heat and simmer until celeriac has softened, about 10-15 minutes.

Transfer to a blender or use a stick blender to process into a smooth, silky soup. Season with salt and pepper and sprinkle with parsley.

To make it extra special, you could cut some celeriac into thin strips, fry them in hot coconut oil and sprinkle over the top for a bit of crunch