



# RED BEET SOUP WITH PARSNIP

## Ingredients for 4 servings

- 750 ml vegetable broth
- 3 fresh beetroots
- 5 cloves of garlic
- 1 parsnip
- 4 teaspoons coconut oil
- 3 shallots
- 400 ml coconut milk
- 2 teaspoons horseradish
- 2 teaspoons lemon juice
- Serve with 30 g pistachios

Preheat oven to 180 ° C.

Wash the beetroot and parsnips, cut into cubes of 2 cm and mix with 2 tsp coconut oil. Place the vegetables and cloves of garlic on a baking tray and roast in a hot oven for 35 minutes.

Heat 2 teaspoons of coconut oil in a large saucepan. Peel the shallots, finely dice them and simmer for 3-4 minutes.

Mix with coconut milk and vegetable broth. Add the horseradish, season with salt and pepper and bring to a boil. Mix the oven vegetables with lemon juice.

Puree the soup with a stand mixer or bar mixer. If too thick, add some water. Serve with pistachios in the 19 cm JOYN bowl.