

Merry Christmas from Rias

And thank you for downloading our Christmas helpers fact sheet.



Darryl's 'Christmas Cheer' soup

This recipe is a firm favourite in our house and you get to use up all your leftovers too. A perfect warmer after a festive winter walk with the family.

Ingredients

1 tbsp sunflower oil
1 medium onion, chopped
2 celery sticks, chopped
2 medium potatoes, peeled and chopped into small chunks
1 tbsp curry paste
1.2l vegetable stock
550g leftover roasted or boiled vegetables
Natural yogurt or crème fraîche, to serve

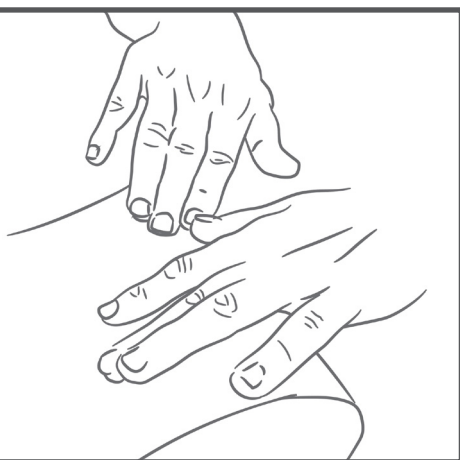
Method

- 1 Fry the onions and oil in a large, lidded pan for about 5 minutes until golden. Stir in the celery and fry for a further 5 minutes before adding the potatoes and frying for a couple more minutes.
- 2 Stir in the curry paste and add the stock, bring to the boil and stir well. Then cover the pan and simmer for about 20 minutes.
- 3 Add the leftover veggies and warm through before blitzing with a hand blender. Taste for seasoning. Serve with spoonfuls of yoghurt or crème fraîche swirled on top.



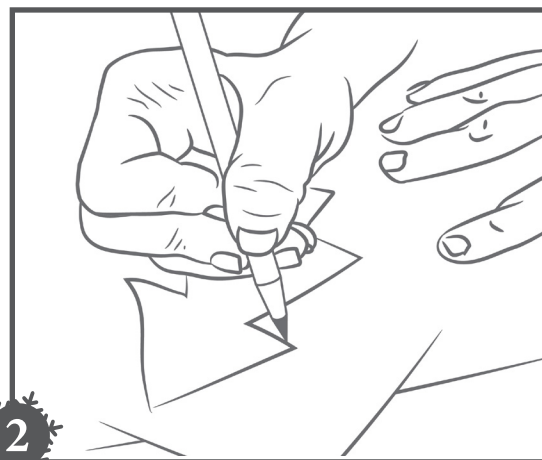
Natalie's crafty sweet parcels

These cute parcels can be filled with your favourite treats and hung from the tree. They're super easy and fun to make too and sure to keep the little ones occupied.



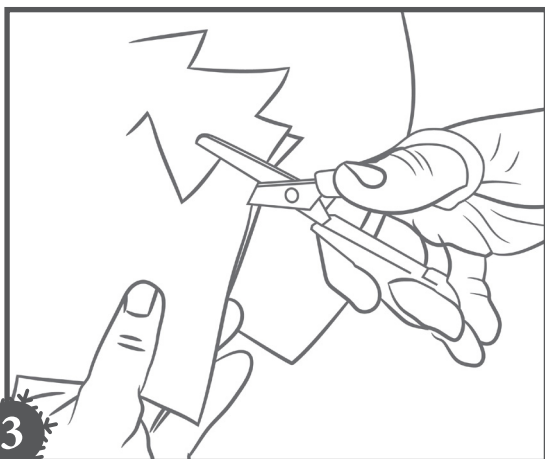
1

Fold some brown paper or good quality wrapping paper in half.



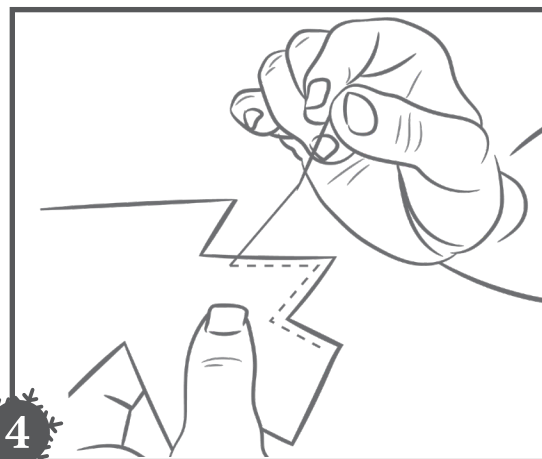
2

Trace the shapes on the next page onto the brown paper or the back of the wrapping paper.



3

Carefully cut the shapes out.



4

Place your favourite treat inside and carefully sew around the edges with coloured thread. Punch a hole in the decoration to hang it from the tree.

