

# Root Soup with Wild Salmon and Kelp

by Healing Family Eats

Prep time: 15 minutes

Cook time: 20 minutes

Serves: 4

2 tbsp extra virgin olive oil  
3/4 lb parsnips, cut into 1/2 inch chunks  
3/4 lb rutabaga, cut into 1/2 inch chunks  
10 oz carrots, cut into 1 inch chunks  
3 large sprigs thyme  
4 large sage leaves  
4 cups chicken bone broth  
2 bay leaves  
1 small bunch dinosaur (lacinato) kale, chopped  
1 box Jovial cassava elbow pasta  
3/4 lb wild salmon  
sea salt to taste  
2 tbsp collagen (optional)  
1 tbsp kelp flakes



Heat the olive oil in a large pan and add the vegetables. Stir to coat in the oil and pour over the broth. Add the thyme, sage and bay leaves and bring up to a simmer.

Cover and cook for 15-20 minutes until the veggies are tender.

Meanwhile, bring a separate large pan of water up to the boil. Cook the pasta as per manufacturer's instructions. Drain.

Preheat the broiler. Broil the salmon for 4-5 minutes until just cooked. Remove the skin.

Stir the kelp flakes and collagen into the soup. Add sea salt to taste.

Pour the soup into deep bowls. Flake the salmon flesh and put over the top. Serve.