

Carrot Soup with Parmesan Straws



Serves 2

Prep 15 mins

Cooking 10 mins

Easy

Ingredients

For the soup:

300g carrots, peeled & finely diced
300ml milk
Salt and pepper
1 small bunch parsley
100 ml double cream
parsley sprigs to garnish

For the Parmesan straws:

1 roll of ready-made puff pastry
50g grated parmesan
Few sprigs thyme, leaves removed
1 egg

1. Pre heat the oven to 200c.
2. **To make the Parmesan straws:** unroll the pastry, brush all over with beaten egg and sprinkle over the Parmesan and thyme. Cut into 2 cm strips, twist 2 or 3 times, and pop onto a baking sheet, making sure to press the ends of each straw into the sheet, otherwise they will curl up. Bake for 8 to 10 minutes and allow to cool a little.
3. Meanwhile make the soup. Put the carrots and milk into a large pan, bring to the boil and then simmer for 5 - 10 minutes or until the carrots are cooked. Blitz until smooth. Add the double cream and a little water if the mixture is too thick.
4. Pour the soup into warm bowls and garnish with parsley sprigs. Before serving the cheese straws trim the ends, if you wish, then place on the side of the dish.