

Carrot & Parsnip Soup



Serves 4 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

1 tbsp sunflower oil
1 onion, finely chopped
1/2 tsp ground black peppercorns
a handful of thyme leaves
2 large carrots, chopped
2 large parsnips, chopped
1 litre vegetable stock
50ml double cream (optional)

1. Heat the sunflower oil in a large pan and gently cook the onion with a big pinch of salt for 10 minutes, adding a splash of water if the onion starts to catch, until completely soft.
2. Add the black pepper and thyme, and cook for a few minutes. Tip in the carrots and parsnips, and toss to coat in the oil, then pour in the stock, bring to the boil, then reduce to a simmer and cook for 20 minutes until the vegetables are soft.
3. Pour in the double cream, if using, and use a stick blender to whizz the soup until completely smooth. Season and divide between four bowls, then add another drizzle of cream, if you like.