

Roasted Sweet Potato & Carrot Soup



Serves 4 **Prep 15 mins**

Cooking 35 mins

Easy

Ingredients

500g sweet potatoes, peeled and cut into chunks
300g carrots, peeled and cut into chunks
3 tbsp olive oil
2 onions, finely chopped
1 litre vegetable stock
100ml crème fraîche , plus extra to serve

1. Heat oven to 220C/ 200C fan/gas 7 and put the sweet potatoes and the carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning. Roast the veg in the oven for 25-30 mins or until caramelised and tender.
2. Meanwhile, put the remaining 1 tbsp olive oil in a large, deep saucepan and fry the onion over a medium - low heat for about 10 mins until softened. Add the stock. Simmer for 5-10 mins until the onions are very soft, then set aside.
3. Once the roasted veg is done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in the crème fraîche, a little more seasoning and reheat until hot. Serve in bowls topped with a swirl of crème fraîche and a good grinding of black pepper.