

ROASTED PARSNIP AND CARROT SOUP

600 grams parsnips
600 grams carrots
1 onion, sliced
4 tablespoons olive oil
2 cloves garlic, crushed
1 teaspoon each ground cumin,
coriander, ginger and turmeric
4 cups chicken or vegetable stock
sea salt and freshly ground pepper
juice of ½ a lemon
¼ cup chopped flat leaf parsley



Preheat oven to 180 degrees.

Peel the parsnips and carrots and cut into 1-2 cm pieces.

Combine with the onion, oil, garlic and spices in a large bowl and mix well. Season generously.

Transfer to a large, lined baking tray and roast for 40 minutes, turning occasionally.

Put half the vegetables and 2 cups of the stock in a blender or food processor and process until smooth.

Tip into a saucepan and add the remaining stock and vegetables. Season and bring to the boil. Simmer for 10 minutes, adding extra water or stock if the soup is too thick.

Garnish with parsley.