

Parsnip Soup

Ingredients

1 onion, finely chopped
½ stick of celery thinly sliced
1 carrot, thinly sliced
1 clove of garlic, crushed
1 teaspoon of freshly grated ginger
50g melted butter
100ml milk
2 parsnips, thinly sliced

500ml vegetable stock
¼ teaspoon of dried thyme
Pinch of pepper
¼ teaspoon of ground nutmeg

Croutons

1 slice crusty bread
1 teaspoon of parmesan cheese
Drizzle of oil

Method

1. Prepare the onions, celery and carrots along with the garlic, ginger and thyme, saute in a pan with the butter until the onions are soft and translucent.
2. Add the parsnips, vegetable stock and thyme, bring to the boil and then simmer until the parsnips are soft. Add the milk.
3. Add the nutmeg and pepper before blending with a blender.
4. Cut the slice of bread into cubes.
5. Mix the oil and the parmesan cheese together in a small bowl. Then add the bread cubes.
6. Lay the cubes out on a tray and bake for 10 minutes.

