

'Honey' Roasted Parsnip Soup



Ingredients (serves 2):

- 1tbsp vegetable oil
- 1 large onion, sliced
- 2 large parsnips, peeled and sliced
- 1 medium carrot, peeled and sliced
- 500ml stock
- 15ml honey or vegan equivalent
- Salt & Pepper

Make:

- Preheat the oven to 200°C (180°C with fan) gas mark 6.
- Scatter the onion and root vegetables over a roasting pan and drizzle over with the vegetable oil, give a shake to coat.
- Pour over the honey (or equivalent) and place in the oven, bake for 20 minutes until golden and soft.
- Remove from the oven and put vegetables into a blender.
- Add the stock and blend until smooth.
- Pour into a saucepan, season to taste and bring to a slow simmer before serving.

