

Roast Carrot & Parsnip Soup with Toasted Hazelnut Salsa

Serves: 8

Preparation time: 10 minutes

Cooking time: 55 minutes

Ingredients

5 carrots (700g), peeled and roughly chopped
4 parsnips (250g) peeled and roughly chopped
2 cloves of garlic
45ml (3 tablespoons) olive oil
Salt and freshly cracked black pepper
3 sprigs thyme, leaves picked
1 brown onion, diced
5ml (1 teaspoon) cumin seeds
3/4 teaspoon ground coriander
1.25 litres (5 cups) vegetable stock
400g tin coconut milk
80ml yoghurt or fresh cream for serving, optional

Toasted Hazelnut Salsa:

60g hazelnuts, toasted and roughly chopped
A handful of flat-leaf parsley, finely chopped
Zest of 1 lemon
30ml (2 tablespoons) lemon juice
60ml (1/4 cup) extra virgin olive oil
10ml (2 teaspoons) honey
Sea salt flakes and freshly cracked black pepper, to taste

Method

Preheat the oven to 200°C. Arrange the carrots, parsnips, and garlic on a roasting tray. Drizzle with two tablespoons of olive oil. Season with salt and black pepper. Scatter over the thyme and toss to coat. Roast for 40 – 45 minutes, turning the vegetables over halfway through.

Heat the remaining oil in a Le Creuset 24cm Signature Round Casserole. Add the onion and sauté over a medium heat until softened, about 6-8 minutes. Add the cumin and coriander and cook for another minute.

Add the roast vegetables into the casserole. Add the stock and bring up to the boil. Cover partially with the lid and simmer for 10 -12 minutes. Transfer to a blender and blitz until smooth. Pour the soup back into the casserole. Add the coconut milk and warm through.

For the salsa, place all the ingredients in a bowl and mix to combine.

Ladle the soup into warmed bowls. Swirl over a tablespoon of yoghurt or cream and serve the hazelnut salsa alongside.