



Roasted Carrot Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1kg carrots, peeled and roughly chopped
- 340g brown onions, roughly chopped
- 3 tablespoons olive oil
- salt and cracked black pepper
- 1 teaspoon ground cumin
- 1.5 liters vegetable stock
- 1 cup (240ml) pouring (single) cream
- parsley leaves, for sprinkling

Instructions

Preheat oven to 180°C/350°F. Combine the carrot, onion, oil, salt, pepper and cumin in a baking dish. Roast for 30 minutes or until the carrot is tender.

Process, add the stock and blend until smooth. Place in a saucepan over medium heat, add the cream and bring to the boil. Cover, cook for 5 minutes and sprinkle with the parsley.

*I used garlic infused olive oil

Serves 4 (generously)