

root vegetable soup

1 swede
1 onion
1 parsnip
2 carrots
3 garlic cloves
1 tbsp olive oil
2 tsp ras el hanout
1 tsp oregano
600ml veg stock

To serve
sourdough bread
kefir yoghurt

Serves 4

Preheat the oven to 180C fan/200C/Gas mark 6.

Peel the swede and remove the outer skin from the onion. Roughly chop all of the vegetables into approximately 1cm cubes. You can keep the skin on the carrots and parsnip!

Add the vegetables to a roasting tin, add the olive oil, the spices and season well. Roast in the oven for 30-45 minutes until soft and lightly browned.

Make the stock as per the packet instructions.

Transfer the roasted vegetables to a medium sized saucepan. Add a little of the stock to the roasting tin, using it to loosen any of the remaining vegetables then add into the saucepan. This will give some extra flavour.

Add the remaining stock into the saucepan and wizz with a hand blender to your desired consistency.

Serve in a bowl, with a spoonful of kefir yoghurt and a side of toasted sourdough.

Allergens – milk, gluten

