

## Creamy Parsnip and Carrot Soup

### Ingredients

- 4tbs butter, softened
- 1 large onion peeled and chopped
- 500g 'Southland Sweetness' parsnips peeled and chopped
- 1 bunch of 'Southland Bunched Carrots'
- 1 tbs freshly grated ginger
- 1 tsp finely grated orange rind
- 600ml vegetable stock
- 125ml cream
- Salt and ground black pepper

### Method

1. Melt the butter in a large saucepan over a low heat. Add the onion and cook, stirring for three minutes until slightly softened. Add the carrots and parsnips. Cover the pan until the vegetables have softened. Stir in the ginger, orange rind and stock. Bring to the boil, then reduce the heat, cover the pan and simmer for 30-35 minutes, until the vegetables are tender. Remove from the heat and cool for 10 minutes.
2. Transfer the soup to a blender or food processor and whizz until smooth. Return the soup to the rinsed out saucepan, stir in the cream and season well with salt and pepper. Warm through gently over a low heat.
3. Remove from the heat and ladle into soup bowls. Sprinkle pepper.
4. To garnish: Thinly slice 2 potatoes with skin on, fry in olive oil put on a paper towel to absorb excess oil before placing on soup top it off with freshly chopped coriander.



**So sweet. So fresh. So tasty!**

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