Soups / Belgium

parsnip and potato cream soup · Belgium

A smooth soup centred on parsnip, finished with a Belgium-inspired combination of seasonings.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 700 g parsnip
- ☐ 250 g peeled potatoes
- ☐ 1000 ml low-salt vegetable stock
- ☐ 150 ml cooking cream
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Finely chop the onion. Cut the cleaned vegetable and potatoes into small, even pieces.

02 Soften the onion in the oil. Add the vegetable, potatoes and stock and bring to a boil.

03 Simmer for about twenty minutes until the potatoes and vegetable are completely tender.

04 Blend carefully with a stick blender. Stir in the cream or coconut milk and gently reheat.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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