Soups / France

Clear soup with lentils and parsnip · France

A clear broth with drained cooked lentils, parsnip and a France-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 500 g drained cooked lentils
- ☐ 1300 ml low-salt vegetable stock
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g parsnip
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

Let's make it.

01 Clean the parsnip and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the parsnip and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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