

Roasted sweet potato and carrot soup

I'm always reluctant to write up a recipe for soup as it seems far too simple to warrant a post and possibly risks insulting your no doubt exemplary culinary skills dear reader(s). After all, your average soup is usually just a few veg zhuzhed up in olive oil or butter, simmered for 20 mins in stock and liquidised to the requisite soupy soup consistency. There again, most of you mucky lot come here by mistake searching for photos of Nigella in the nuddy, leaving disappointed and frustrated a bare 11 seconds later... so why should I care what you think? Soup it is then.

Preparation time: 10 minutes
Cooking time: about 1½ hours
Serves: 2 people for a substantial lunch
Skill level: Easy



Ingredients

- 1 sweet potato
- 4 carrots
- vegetable stock – 750ml
- 1 garlic clove – finely chopped
- 1 small onion – finely chopped
- 1 celery stick – finely chopped
- fresh thyme
- fresh parsley
- olive oil
- s and p

Method

Preheat the oven to 200c/gas mark 6.

Peel the sweet potato and carrots, cut into chunky batons and place in an oven-proof dish.

Drizzle with olive oil, generously sprinkle with fresh thyme leaves and season with salt and pepper. Mix everything together and place in the oven for 30-45 minutes (stirring occasionally) until the vegetables are soft and beginning to caramelise.

Meanwhile pour a generous slug of olive oil into a large heavy-based saucepan, place over a medium heat and sauté the onion, celery and garlic until soft but not coloured.

Add the roasted vegetables and continue cooking for a couple of minutes.

Add the stock, bring to the boil, turn down the heat and gently simmer for 30 minutes.

Liquidise with a hand blender, taste and adjust the seasoning.

Add a little water if too thick.

Finish off with a handful of chopped parsley.

Serve with thickly buttered crusty white bread.