

Creamy Parsnip Soup with Whole wheat Croutons and Oregano Relish

Ingredients:

1 brown onion
1 basket parsnips
3 cloves garlic
2 table spoons vegetable oil
Salt and pepper
6 slices wholemeal bread
2 tea spoon stock powder
1L boiling water
300ml thickened cream

Oregano relish

1 bunch oregano, washed and picked
1 table spoon capers
Zest and juice 1 lemon
3 table spoons extra virgin olive oil

What to do:

- 1) Peel onion, parsnips and garlic.
- 2) Heat a large soup pot, drizzle with oil.
- 3) Slice onion and parsnips, crush garlic with the flat of the knife.
- 4) Cook onion, parsnips and garlic until getting a little brown.
- 5) Add stock powder and boiling water to the pot.
- 6) Bring to the boil, turn heat down to medium and put a lid on the soup.
- 7) Toast bread in toaster till dark brown.

- 8) Make the oregano relish by pounding oregano, capers and lemon zest using pestle and mortar.
- 9) Stir the lemon juice and olive oil into oregano and season with salt and pepper.
- 10) Slice toast into little cubes.
- 11) Blend soup with stick blender and add cream, warm through and serve with the croutons and oregano relish.