



You will need

- 1 small chopped leek
- 350g of grated carrot
- 1 tablespoon of olive oil or 25g butter
- 500 ml low salt vegetable stock
- double cream (optional)
- chopped parsley (optional)



Method

Gently fry the leek and carrot in the olive oil/butter for 5 to 10 minutes. Add the vegetable stock, bring to the boil, turn down the heat and simmer for about 25 minutes. Check that the vegetables are soft before blending the soup. Add a swirl of cream and a sprinkle of parsley to each bowl of soup.