

CARROT & PARSNIP SOUP

Vegan Chef
Gabriele Bonomi



INGREDIENTS:

3 medium carrots
4 medium parsnip
2 cm fresh ginger
2 tbsp pumpkin seeds
salt & pepper
1 tsp turmeric
EVO oil
2 lt Water

DIRECTION:

Peel and cut carrots and parsnip in small pieces.
Put into a pot, cover with water, and let them gently boil until they are soft.

Blend the veggies with salt, pepper, turmeric and ginger until smooth.

Add extra water or soy cream if you want a different consistency.

Plate the velouté, adding some fresh chives, pumpkin seeds and row oil.

VEGAN BEAR CHEF