



## Parsnip velouté with roasted hazelnuts

### Ingredients

40 cl of liquid rice cream  
900 g of parsnips  
1,25 L of vegetable stock  
2 tsp of olive oil  
2 onions  
2 large handfuls of hazelnuts  
Salt  
Pepper

**Persons:** 10

**Cooking time:** 30 min.

**Preparation time:** 30 min.

### Instructions

Peel and dice the parsnips.

Chop up the onion.

Heat the olive oil in a large pot, and gently fry the onion over low heat. Once the onion becomes translucent, add the parsnips, sauté for 5 minutes, then add the vegetable stock. Cover and simmer for 25 minutes until the parsnips are tender.

Add the rice flour. Correct the seasoning, then mix, to obtain a smooth consistency (strain if necessary).

Roast the hazelnuts in a non-stick pan, without fat, then chop them up.

Serve the soup very hot, with roasted hazelnuts.

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