



Recipes

Carrot and ginger soup

(serves 4-6 people)

This delicious soup is ideal for a cold day. The zingy ginger will warm you up nicely!

Ingredients

- 900g of carrots
- 3 tablespoons of olive oil
- 1 brown onion, chopped
- 2 cloves of garlic
- 1 litre of homemade vegetable stock or 2 low salt vegetable stock cubes* dissolved in 1 litre boiling water
- 2 tablespoons of grated ginger

Method

1. Preheat oven to 200°C/180°C fan/gas mark 6. Peel the carrots and cut them into 2cm chunks, cutting them at a diagonal angle.
2. Place carrots onto a baking tray and use 2 tablespoons of the oil to coat the carrots. Cook the carrots in the oven until softened. This takes about 30 to 40 mins.
3. In a saucepan, use the remaining tablespoon of oil and sauté the chopped onion for about 5 minutes until the onion is tender. Add the garlic and ginger and cook for another minute. You can season to your preference with ground coriander or any other herbs and spices you might have.
4. Place the vegetable stock and the roasted carrots into the saucepan and bring to the boil. Reduce heat and let it simmer for around 15 minutes.
5. After it has cooked, let it cool down for a few minutes. Then blend the contents until smooth. It is now ready to serve. If it is too thick, add a little more boiling water or milk.
6. You can refrigerate this soup for up to three days.

*Can contain or is one of the 14 common allergens