

A top-down photograph of a white ceramic bowl filled with vibrant orange carrot soup. The soup is garnished with a small sprig of fresh green parsley and a dusting of black pepper. To the left of the bowl, three whole carrots with their green tops are arranged diagonally. To the right, several sliced carrot rounds are scattered on the light-colored wooden surface. A large green leaf, possibly basil, is positioned below the bowl. The background is a rustic, light-colored wooden table.

RECIPE
Spiced Carrot Soup



NOURISH
FOOD SCHOOL

RECIPE

Spiced Carrot Soup

MAKES

4 servings

LEVEL

Very Easy

TIME

30 minutes

INGREDIENTS

1 onion, diced
1 garlic clove, finely chopped
1 tbsp oil
1/2 tsp cumin
1/2 tsp chilli
1/2 tsp ground coriander
1/2 tsp ground ginger
OR 2 heaped tsp curry paste/ powder
500g carrots, peeled and sliced
1 vegetable stock cube
salt and black pepper
juice 1/2 lemon

HOW TO MAKE IT

1. Prepare the onion, garlic and carrots to the stage described in the ingredients list.
2. Heat a tbsp of olive oil in a saucepan and sweat the onion until it softens. This will take about 5 minutes.
3. Add the garlic and spices and cook for 2 more minutes.
4. Add the carrot and stir really well so that the carrots get coated in the spices.
5. Cover with cold water and crumble in the vegetable stock tube. Turn up the heat. Bring the soup to the boil then turn down to simmer for 20 minutes until the carrot is soft.
6. Use a blender to puree the soup until smooth. Add more water if necessary until it has the consistency of double cream.
7. Taste then season with salt and pepper, along with the juice of 1/2 lemon.

Serve your soup straight away with a chunk of crunchy bread, or portion it up and freeze it ready for another day