



UCCOOK

Veggie Tomato Soup & Cheese Toastie

with fresh thyme, cream & Pesto Princess Basil Pesto

Hands-on Time: 20 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info	Per 100g	Per Portion
Energy	491kj	4233kj
Energy	118kcal	1013kcal
Protein	3.1g	26.9g
Carbs	12g	104g
of which sugars	3.1g	26.5g
Fibre	1.3g	11.4g
Fat	5.7g	48.8g
of which saturated	2.6g	22.6g
Sodium	210mg	1808mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
4	8	Tomatoes <i>rinse & cut into quarters</i>
5ml	10ml	Dried Thyme
2	4	Garlic Cloves
20ml	40ml	Pesto Princess Basil Pesto
10ml	20ml	Tomato Paste
5ml	10ml	Vegetable Stock
2 slices	4 slices	Farmstyle White Bread
50g	100g	Grated Cheddar Cheese
50ml	100ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Blender
Butter
Sugar/Sweetener/Honey

1. READY THE ROAST Preheat the oven to 200°C. Spread the onion and the tomato on a roasting tray. Coat in oil, a sweetener, seasoning, and the thyme. Roast in the hot oven until cooked through and golden, 20-25 minutes (shifting halfway). In the final 10 minutes, add the whole, unpeeled garlic cloves to the tray.

2. PERFECT PESTO In a small bowl, loosen the pesto with a drizzle of olive oil and a splash of water until a drizzling consistency. Set aside.

3. SIMMER THE SOUP When the roast has 5 minutes remaining, boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the tomato paste and fry until fragrant, 1-2 minutes (shifting constantly). Add the roasted tomato and onion, the stock, and 250ml [500ml] of boiling water. Squeeze the roasted garlic flesh out of its skin, adding it to the soup. Simmer until slightly reduced, 8-10 minutes.

4. CHEESY TOASTIE While the soup is simmering, place a pan over medium heat with a knob of butter. When melted, add 1 [2] slice/s of bread. Top with the cheese and close up with the remaining slice/s. Toast until golden and the cheese is melted, 2-3 minutes per side. Cut in half.

5. LET'S BLEND, MY FRIEND When the soup has reduced, add ¾ of the cream. Use a stick blender or place in a blender and blend until smooth. Season with salt, pepper, and a sweetener (if necessary).

6. IT'S NOSH TIME! Bowl up the roasted tomato soup. Drizzle over the loosened pesto and the remaining cream and serve with the cheese toastie. Get dunking, Chef!