



# UCCOOK

## Comforting Carrot Soup

with toasted sourdough rounds

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Waterkloof | False Bay Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 405kJ    | 4147kJ      |
| Energy             | 97kcal   | 992kcal     |
| Protein            | 3g       | 30.9g       |
| Carbs              | 16g      | 167g        |
| of which sugars    | 3.5g     | 35.6g       |
| Fibre              | 2.8g     | 28.5g       |
| Fat                | 2.4g     | 24.1g       |
| of which saturated | 1.2g     | 12.7g       |
| Sodium             | 253mg    | 2585mg      |

**Allergens:** Sulphites, Peanuts, Gluten, Tree Nuts, Wheat, Allium

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                     |
|----------|------------|---------------------------------------------------------------------|
| 240g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into wedges</i>                    |
| 15ml     | 30ml       | NOMU Italian Rub                                                    |
| 120g     | 240g       | Cannellini Beans<br><i>drain &amp; rinse</i>                        |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                             |
| 1 sachet | 1 sachet   | Vegetable Stock                                                     |
| 100ml    | 200ml      | Coconut Milk                                                        |
| 1        | 1          | Lemon<br><i>rinse &amp; cut ¼ [½] into wedges</i>                   |
| 10g      | 20g        | Pumpkin Seeds                                                       |
| 1        | 2          | Sourdough Baguette/s<br><i>cut into thick rounds</i>                |
| 15ml     | 30ml       | Old Stone Mill Dukkah Spice                                         |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; pick</i>                            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender

**1. FESTIVAL OF VEGETABLES** Boil the kettle. Preheat the oven to 200°C. Spread the carrots and onions on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). At the halfway mark, scatter over the beans and the garlic.

**2. FROM ROAST TO SOUP** Dilute the stock with 250ml [500ml] of boiling water. When the veg is done, add the veg, the diluted stock, the coconut milk, and a squeeze of lemon juice (to taste) to a blender. Blend until smooth and season.

**3. SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FOR DUNKING INTO DELICIOUSNESS** Spread oil over the baguette rounds. Return the pan to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**5. SOUP'S UP!** Bowl up the carrot soup and sprinkle over the dukkah, parsley, and pumpkin seeds. Serve with the toasted baguette rounds.