



# UCOOK

## Vegetarian Tomato Soup

with basil pesto & Portuguese rolls

For those cold-that-cuts-through-layers-of-clothes winter days, you need a warm & comforting soup recipe that doesn't need hours on the stove. Like this one, Chef! A rich, tangy tomato soup made with a vegetable stock base, finished with fresh cream, and a Pesto Princess Basil Pesto drizzle. Grab a toasted Portuguese roll and warm yourself from the inside out.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Morgan Otten

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Quick & Easy

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

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30ml	Tomato Paste
7,5ml	Dried Thyme
600ml	Tomato Passata
60ml	Onion Flakes
30ml	Garlic Flakes
15ml	Vegetable Stock
6	Portuguese Rolls
60ml	Pesto Princess Basil Pesto
125ml	Fresh Cream

## From Your Kitchen

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

**1. START THE SOUP** Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the tomato paste and the thyme until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the onion & garlic flakes, the stock, and 750ml of water. Simmer until slightly reduced, 12-15 minutes.

**2. ON A ROLL** While the soup is simmering, halve the rolls, and spread butter (optional) or oil over the cut-side. Air fry at 200°C until crispy and heated through, 5 minutes. Alternatively, place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. 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. MAKE IT CREAMY** When the soup is done, add the cream (reserving a splash for styling), seasoning, and a sweetener.

**4. SOUP'S UP!** Bowl up the tomato soup. Drizzle over the loosened pesto and the remaining cream (if reserved). Serve the toasted rolls on the side. Get dunking, Chef!



## Chef's Tip

Once reduced, blitz the soup in a blender or with a hand blender until smooth consistency.

## Nutritional Information

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Per 100g

Energy	775kj
Energy	185kcal
Protein	5.2g
Carbs	26g
of which sugars	3.2g
Fibre	1.4g
Fat	6.5g
of which saturated	2.1g
Sodium	367mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
4 Days