

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.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Morgan Otten

Quick & Easy

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

10ml Tomato Paste

2,5ml Dried Thyme

200ml Tomato Passata

20ml Onion Flakes

10ml Garlic Flakes5ml Vegetable Stock

Portuguese Rolls

Pesto Princess Basil Pesto

40ml Fresh Cream

From Your Kitchen

20ml

Water

Oil (cooking, olive or coconut)
Salt & Pepper

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 passate

until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the onion & garlic flakes, the stock, and 250ml of water. Simmer until slightly reduced, 8-10 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

3. MAKE IT CREAMY When the soup is done, add the cream (reserving a splash for styling), seasoning, and a sweetener.

water until a drizzling consistency. Set aside.

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!



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

Nutritional Information

Per 100g

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

Allergens

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

Eat
Within
4 Days