



UCCOOK

Comforting Carrot Soup

with toasted sourdough rounds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
45ml	60ml	NOMU Italian Rub
360g	480g	Cannellini Beans <i>drain & rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
2 sachets	2 sachets	Vegetable Stock
300ml	400ml	Coconut Milk
1	1	Lemon <i>rinse & cut ¾ [1] into wedges</i>
30g	40g	Pumpkin Seeds
3	4	Sourdough Baguettes <i>cut into thick rounds</i>
45ml	60ml	Old Stone Mill Dukkah Spice
8g	10g	Fresh Parsley <i>rinse & 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, 35-40 minutes (shifting halfway). At the halfway mark, scatter over the beans and the garlic.

2. FROM ROAST TO SOUP Dilute the stock with 750ml [1] 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.