



UCOOK

Roasted Tomato Soup & Cheese Toastie

with fresh thyme, cream & Pesto Princess Basil Pesto

This classic combo is perfect for dinner during colder weather or when you need a comforting pick-me-up. With roasted tomatoes, fresh thyme, and dollops of cream & Pesto Princess Basil Pesto, this soup is absolutely delicious! And when paired with a melty & crispy cheese toastie, it becomes simply irresistible!

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

1	Onion <i>½ peeled & cut into wedges</i>
4	Tomatoes <i>cut into quarters</i>
4g	Fresh Thyme <i>rinsed & picked</i>
2	Garlic Cloves
20ml	Pesto Princess Basil Pesto
10ml	Tomato Paste
5ml	Vegetable Stock
2	Schoon Country Loaf Slices
40g	Grated White Cheddar Cheese
40ml	Fresh Cream

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the onion wedges and the tomato quarters on a roasting tray. Coat in oil, a sweetener, seasoning, and ½ the picked 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 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 & onion, the stock, and 250ml of boiling water. Squeeze in the roasted garlic flesh. 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 one of the country loaf slices. Top with the grated cheese and close up with the other slice. 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. Sprinkle over the remaining thyme and serve with the cheese toastie. Get dunking, Chef!



Chef's Tip

Air fryer method: Coat the tomato quarters & onion wedges in oil, a sweetener, ½ the thyme, and season. Air fry at 200°C for 15-20 minutes or until cooked through. In the final 5 minutes, add the garlic.

Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	4.2g
Carbs	10g
of which sugars	3.3g
Fibre	2.2g
Fat	6.7g
of which saturated	3.1g
Sodium	210mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 5
Days