



UCOOK

Comforting Carrot Soup

with toasted sourdough rounds

A good soup is nourishing. A great soup is comforting. A superior soup is both, Chef! The base starts with roasted carrots, onion, cannellini beans & garlic. Once golden, these are blended with vegetable stock, lemon juice & coconut milk for a really satisfying soup. Sided with pan-toasted sourdough rounds.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: UCOOK

Veggie

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
30ml	NOMU Italian Rub
240g	Cannellini Beans <i>drain & rinse</i>
1	Garlic Clove <i>peel & grate</i>
1 sachet	Vegetable Stock
200ml	Coconut Milk
20ml	Lemon Juice
2	Sourdough Baguettes <i>cut into thick rounds</i>
30ml	Egyptian Dukkah

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. FESTIVAL OF VEGETABLES Boil the kettle. Preheat the oven to 200°C. Spread the carrot pieces and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). At the halfway mark, scatter over the rinsed beans and the grated garlic.

2. FROM ROAST TO SOUP Dilute the stock with 800ml of water. When the veg is done, add the veg, the diluted stock, the coconut milk, and the lemon juice (to taste) to a blender. Blend until smooth and season.

3. 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.

4. SOUP'S UP! Bowl up the carrot soup and sprinkle over the dukkah. Serve with the toasted baguette rounds.

Nutritional Information

Per 100g

Energy	488kj
Energy	117kcal
Protein	3.5g
Carbs	19g
of which sugars	3.6g
Fibre	2.7g
Fat	3.2g
of which saturated	1.9g
Sodium	318mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Tree Nuts

Eat
Within
4 Days