



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: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Morgan Offen

Quick & Easy

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

40ml	Tomato Paste
10ml	Dried Thyme
800ml	Tomato Passata
80ml	Onion Flakes
40ml	Garlic Flakes
20ml	Vegetable Stock
8	Portuguese Rolls
80ml	Pesto Princess Basil Pesto
160ml	Fresh Cream

From Your Kitchen

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 1L 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

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

Allergens

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

Eat
Within
4 Days