



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** UCOOK

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Veggie

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 Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

720g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut 1½ into wedges</i>
45ml	NOMU Italian Rub
360g	Cannellini Beans <i>drain &amp; rinse</i>
2	Garlic Cloves <i>peel &amp; grate</i>
2 sachets	Vegetable Stock
300ml	Coconut Milk
30ml	Lemon Juice
3	Sourdough Baguettes <i>cut into thick rounds</i>
45ml	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, 20-25 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 1.2L 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