

CARROT SOUP

Time: 45 minutes

Serves: 4

Ingredients:

800g carrots - peeled and sliced
50g butter
20g honey
10g salt
1g fresh ground black pepper
1200ml vegetable stock
8g flat-leaf parsley - finely chopped

Preparation:

Place all ingredients except 800ml of the stock and parsley in a pot on high heat. Bring to a boil, then reduce heat to medium. Cook covered for five minutes.

Uncover and cook, stirring occasionally until the water has evaporated, leaving only butter. Reduce the heat to medium-low and continue cooking, stirring occasionally until the carrots are soft. If the carrots begin to stick to the pot before softening, add a splash more stock.

Add the remaining stock and turn the heat to high. Bring to a boil, then reduce to simmer uncovered for ten minutes.

Remove from heat and blend until smooth with a stick blender or very carefully pour into a standard blender and process until smooth.

Serve immediately or chill and reheat. Garnish with parsley.

Nutritional Information Per Serving:

Calories: 183
Fat: 10g
Carbs: 23g
Fibre: 6g
Protein: 2g