

Carrot and Ginger Soup



This is a light and flavoursome carrot and ginger soup that is ideal for the winter months. Ideal for batch cooking and can be made ahead to enjoy as a mid-week meal. There's even a quick take on this recipe that will be ready in just 20 minutes for you to enjoy.

Ingredients

- 1.5 kg carrots chopped into small chunks.
- 1 large onion
- 2 tbsp ginger, finely chopped / minced
- 3 cloves of garlic, finely chopped / minced
- 2 tbsp olive oil
- 2 litres of vegetable stock (*if you are not a vegetarian, you can also use chicken stock. If you have only stock cubes at hand, then use around 2 stock cubes in 2 litres of warm water*)
- 1 tbsp of grated zest of orange
- Juice of ½ an orange
- Salt and Pepper to taste
- Yogurt and fresh coriander as garnish

To make the soup

1. Place a thick bottomed pan on medium heat, add oil and onions. Sauté the onions until they turn soft.
2. Add the chopped garlic and ginger and sauté for another minute
3. Add chopped carrots, sauté lightly before adding the stock and orange juice.
4. Bring to a boil, lower the heat and simmer for about 35-40 minutes until the carrots are tender.
5. Blend the soup with a stick blender or whizz in a food processor / blender until it becomes smooth.
6. Season with salt and pepper to taste.
7. Add a swirl of yogurt and a sprinkling of fresh coriander leaves and enjoy.

Total Time – 50 minutes

Serves – 6

Calories per serving – 180 kcals

For a quick take on this recipe in 20 minutes, you could follow the below steps

- Place the raw chopped carrots in a microwave pot steamer with a little bit of stock and cook in the microwave for around 8-10 minutes. (you will find that the carrots become soft to the touch)
- Then follow steps 1 and 2, add in the remaining stock and orange juice.
- Simmer for about 5 minutes and follow steps 5, 6 and 7