



# SPICED CARROT & ORANGE SOUP

## Ingredients (serves 4)

- 5 medium carrots (chopped)
- 1 onion (chopped)
- 1 tbsp minced ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- Juice of 1 orange
- 1 tbsp olive oil
- 1.5 litres of chicken stock (can use vegetable stock if preferred)
- Salt & freshly ground pepper



## Method

- 1) Heat olive oil in a saucepan/pot, add the chopped onion and saute for 1-2 mins
- 2) Add minced ginger & all spices & cook for another 1-2 mins
- 3) Add the carrots and stir. Cook for further 2-3 mins
- 4) Add 1.5l stock & bring to the boil, lower heat & simmer until the carrots are tender & cooked
- 5) Add your orange juice & then turn off the heat
- 6) Once cooled, blend it to make it smooth & season with salt & ground pepper
- 7) To serve the soup, heat it up & top it with fresh coriander, chilli or almond flakes, coconut creame or even crispy bacon (optional)