

Roast Carrot and Ginger Soup

A comforting soup with hits of Ginger and Cinnamon. Simple, easy and tasty.

Ingredients

800g Carrots – roughly chopped
1 Onion – peeled and quartered
2 tsp Olive Oil
1 Tbsp Vegetable Oil
1 Garlic Clove – chopped
1 thumb-sized piece of Ginger – chopped
600ml Vegetable Stock
200ml Oat or Plant Milk – optional
1 Bay Leaf
½ tsp Cinnamon
Salt & Pepper



Method:

Preheat oven to 200C Fan and line a baking tray with baking paper.

Add the carrots to a bowl and toss in the olive oil and season with salt and pepper.

Turn them out into the baking tray, add the onion and roast for 45 minutes.

Heat a large pot with the vegetable oil and when hot, add the garlic and ginger and sauté until aromatic.

Add the carrots, onion and cinnamon to the pot and fry off for 2 minutes.

Add the stock and bay leaf and bring to the boil for 5 minutes.

Remove the bay leaf and pour the mix into a blender, blitz till smooth, add milk if using to get to desired consistency.

Return the soup to the pot and heat for a few minutes.

Taste and season with Salt and Pepper, then serve.