



Carrot and Ginger Soup

Serves: 4

Ingredients:

- 1tbsp rapeseed oil
- 1 large onion, chopped
- 2tbsp coarsely grated ginger
- 2 garlic cloves, sliced
- ½tsp ground nutmeg
- 850ml vegetable stock
- 500g carrot, sliced
- 1 tin cannellini beans (no need to drain)
- 4tbsp almonds in their skins, cut into slivers
- sprinkle of nutmeg

Method:

1. Heat the oil in a large pan
2. Add the onion, ginger and garlic, and fry for 5 mins until starting to soften
3. Stir in the nutmeg and cook for 1 min more
4. Pour in the stock, add the carrots, beans and their liquid
5. Cover and simmer for 20-25 mins until the carrots are tender
6. Blitz with a hand blender until smooth
7. Serve topped with the almonds and nutmeg

