



EASY, TASTY RECIPES

CARROT SOUP WITH THYME

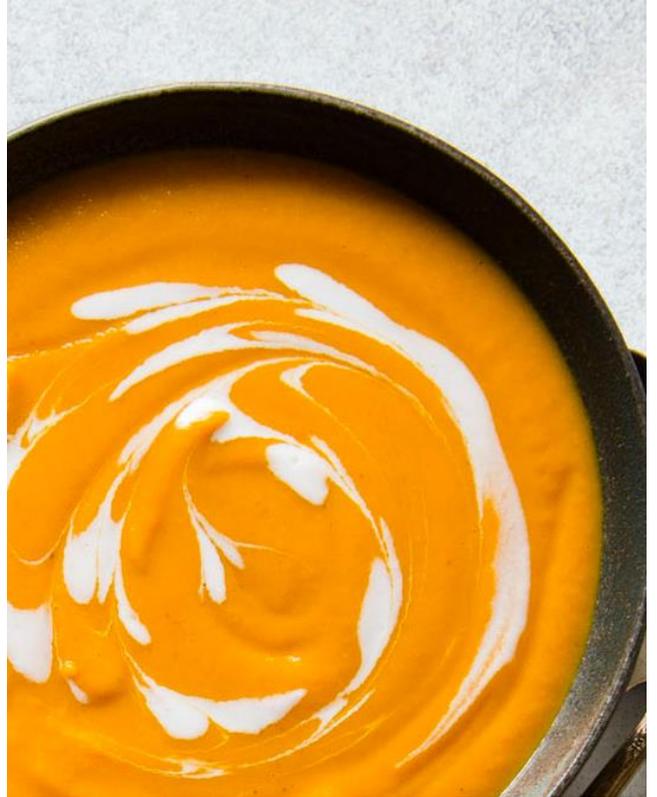
Warming and comforting recipe, nevertheless full of flavors and nutrition. Try this recipe, so quick and simple to do, and you can't go wrong with it.

INGREDIENTS

Carrots, roughly chopped – 300g
Butter – 20g
White onion - whole
Vegetable stock – 750ml
Milk – 30ml
Fresh thyme – 3 springs
Seasoning to taste

INSTRUCTIONS

3. Wash and peel the carrots, and roughly chop.
4. Peel the onion and again roughly chop.
5. Place the butter into a hot pan and add the thyme springs.
6. Then add the chopped onions and stir. Allow the onions to cook gently for about 5-8 minutes until softened.
7. Add the chopped carrots and vegetable stock, then place a lid on top and simmer for about 30 minutes until the carrots are tender.



1. Once the carrots are cooked, reduce the heat and using a hand blender, blitz until smooth. Add seasoning to taste.
2. Finish the soup with some milk, season again to taste before serving.

CHEF'S NOTE

This soup is so versatile you can change the flavour profiles often for a different finish.

Curries carrot soup: for an Indian inspired soup add 2 tsp of curry powder with the butter in the first stage and continue with the other steps.

Carrot and coconut: for an Asian twist, replace the milk with coconut milk and finish with some coconut shavings, and chopped coriander.

Carrot and coriander soup: replace the thyme springs with 30g of fresh chopped coriander.

Creamy carrot soup: for a rich and indulgent soup replace the milk with fresh cream.

Carrot and sweet potato: follow the recipe as above but add the addition of 150g of chopped sweet potato at stage 5, continue then replace the milk with cream and finish with fresh coriander.

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