

TRANSFORMING THE

Healthcare

EXPERIENCE

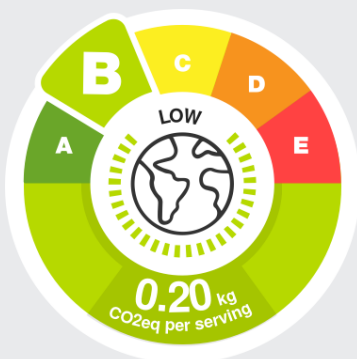


Carrot & Ginger Soup



Serves 10 // Preparation/Cooking time: 70 mins

Carbon score



Nutrition Information per portion

Energy: 77kcal

Fat: 2.4g

Saturated Fat: 0.6g

Carbohydrate: 11g

Sugars: 7.1g

Fibre: 3.8g

Protein: 1.3g

Salt: 1.4g



Carrot & Ginger Soup

INGREDIENTS

- 800g Large Carrots
- 200g Large Onions
- 200g Mixed Vegetables
- 30g Vegetable Stock
- 50g Ginger
- 10g Garlic
- 1.5L Water
- 2g Black Pepper
- 1 Tbsp Olive Oil

METHOD

1. Heat oil in a pan and sweat off the vegetables and ginger and garlic.
2. Cover with stock and bring to the boil.
3. Season with pepper.
4. Simmer for 1 hour to cook.
5. Puree until smooth.

Serving Tips/Suggestions

1. Add more or less ginger for a stronger/weaker taste.