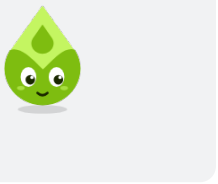
Lunch

Curried Carrot and Sweet Potato Soup

Sweet roasted carrots and sweet potato are blended with orange juice and a gentle curry warmth into a silky soup, finished with a swirl of yoghurt and fresh herbs.

45 min	192	29.1 g	9.3 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 500 g medium carrots, peeled and chopped into small chunks
- [ ] 1 medium sweet potato, peeled and chopped into small chunks
- [ ] 1 tbsp extra virgin olive oil
- [ ] 2 cups vegetable stock, reduced salt
- [ ] 1 cup freshly squeezed orange juice
- [ ] 1 teaspoon curry powder
- [ ] 1 teaspoon chopped fresh ginger
- [ ] Freshly ground black pepper and sea salt to season
- [ ] N atural/Greek yoghurt and fresh chopped parsley, dill or chives to garnish

Nutrition Facts

Per serving

Calories	**192**
Total fat	5 g
Saturated fat	0.8 g
Sodium	396 mg
Total carbs	29.1 g
Fiber	Not listed
Total sugars	9.3 g
Protein	3.8 g

Method

- [ ] **1** Heat the oven to 200C and tip the 500g chopped carrots and the chopped medium sweet potato onto a large roasting tray.
- [ ] **2** Drizzle over 1 tablespoon of extra virgin olive oil and toss the vegetables until evenly coated, then roast for about 20 minutes until golden and tender.
- [ ] **3** Transfer the roasted carrots and sweet potato to a large saucepan set over a medium heat.
- [ ] **4** Stir in the curry powder and the chopped fresh ginger and cook for 1 minute to wake up the spices.
- [ ] **5** Pour in 2 cups of reduced salt vegetable stock and 1 cup of freshly squeezed orange juice, then bring to a gentle simmer and cook for 8 minutes.
- [ ] **6** Blend the soup until smooth, either with a stick blender straight in the pan or in batches in a jug blender.
- [ ] **7** Taste and season with freshly ground black pepper and sea salt.
- [ ] **8** Ladle into warm bowls, add a spoonful of natural or Greek yoghurt to each and scatter over fresh chopped parsley, dill or chives before serving.

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