



Carrot soup

15'

Hands on

30'

Cook Time

4-6

Portion(s)

2

Difficulty



Method

- In a **pot**, add the olive oil, coarsely chopped leeks and coarsely chopped onions. Sauté.
- Add the coarsely chopped carrots, finely chopped garlic and granulated sugar. Sauté for 7-8 minutes.
- Deglaze with white wine and the juice from 1 lemon.
- Add the coriander, cumin, nutmeg, turmeric, 1 ½ liter water and vegetable cubes.
- When the mixture comes to a boil, lower heat and simmer for 30 minutes.
- Remove soup from heat and beat with an immersion blender until smooth and creamy.
- Add the heavy cream, 500 g boiling water, juice from 1 lime, salt and pepper. Beat again.
- Serve with lime wedges, fresh coriander, olive oil and **olive bread**.

Ingredients

- 2 leeks
- 2 tablespoons olive oil
- 2 onions
- 6 carrots, large
- 1 clove of garlic
- 1 tablespoon granulated sugar
- 100 g white wine
- juice from 1 lemon
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- pinch of nutmeg
- 1 levelled
- tablespoon turmeric
- 2 liters boiling water
- 2 vegetable bouillon cubes
- 100 g heavy cream
- juice from 1 lime
- salt
- pepper

To serve

- 2 pieces of lime
- 2 lime wedges
- fresh coriander
- olive oil
- **olive bread**

Διατροφικός πίνακας

Nutrition information per portion

178 Calories (kcal)	9.3 Total Fat (g)	4.7 Saturated Fat (g)	18.0 Total Carbs (g)
9%	13%	24%	7%
15.0 Sugars (g)	2.1 Protein (g)	6.6 Fibre (g)	0.39 Sodium (g)
17%	4%	26%	7%