Menu

Carrot, Cashew and Sage Soup

Serves: 4
Time to prepare: 20 mins
Time to cook: 25 mins
Dietary requirements: Dairy-free, Egg-free, Vegan

Ingredients

30ml (2 tbsp) olive oil
1 onion, peeled and finely chopped
1 clove garlic, crushed
10ml/2 tsp dried sage
450g/1lb carrots, chopped
1 large potato, peeled and chopped
15ml/1 tbsp yeast extract
1 litre/1¾ pt vegetable stock
75g/3oz cashew nuts, chopped
Seasoning to taste

Instructions

1. Heat the oil and sauté onion gently.
2. Add the garlic, sage, carrots, potato and yeast extract and continue to sauté for a few minutes.
3. Add the stock and simmer for about 20 minutes.
4. Stir in the cashew nuts and season.
5. Allow to cool slightly and puree in a food processor or blender.

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Menu

Tomato and Quinoa Soup

Serves: 1
Time to prepare: 10 mins
Time to cook: 30 mins
Dietary requirements: Dairy-free, Egg-free, Halal, Kosher, Vegan

Ingredients

200ml/6.75fl ozs vegetable stock
1 small onion, chopped finely
1 small carrot, diced
1 small stalk celery, diced
1 small garlic clove, crushed
½ tsp salt (depending on how salty the stock is)
¼ tsp dried dill
Small pinch ground fennel
Small tin chopped tomatoes with all the juice
2 tbsp quinoa

Instructions

1. In a large saucepan combine stock, onion, carrot, celery, garlic, salt, dill and fennel.
2. Bring to boil, reduce heat, cover and simmer gently for 5 minutes.
3. Stir in tomatoes and juice.
4. Add quinoa and mix well.
5. Return to boil and simmer, covered, for another 15–20 minutes or until quinoa is tender.
6. Stir occasionally then season with pepper before serving.

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