



Carrot and Tomato Soup

with crunchy croutons and pesto drizzle

Family Veggie 35-40 mins

9



Mozzarella



Onion



Garlic



Carrot



Tomato



Baguette



Vegetable Stock



Passata



Green Pesto

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, blender, pot with lid

Ingredients

	2P	4P
Mozzarella	125 g	250 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Carrot	1 unit	2 units
Tomato	2 units	4 units
Baguette	2 units	4 units
Vegetable Stock	1 sachet	2 sachets
Passata	1 pack	2 packs
Green Pesto	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	539.5 g	100 g
Energy (kJ/kcal)	2949.7 kJ/ 705 kcal	546.8 kJ/ 130.7 kcal
Fat (g)	26 g	4.8 g
Sat. Fat (g)	9.9 g	1.8 g
Carbohydrate (g)	91.8 g	17 g
Sugars (g)	19.2 g	3.6 g
Protein (g)	28.3 g	5.2 g
Salt (g)	4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



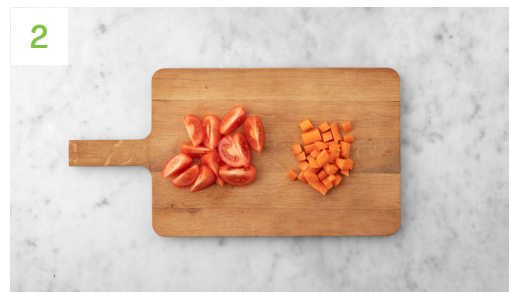
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Dilute the **stock powder** in 600ml hot **water** (double for 4p).
- Halve, peel and finely chop the **onion**.
- Peel and grate the **garlic** (or use a garlic press).



Prep the Bread

- Cut the **baguettes** into 2cm chunks.
- Pop onto a lined baking tray and toss in **salt**, **pepper** and a good drizzle of **oil**.
- Bake in the oven until golden, 8-10 mins.
- Meanwhile, tear the **mozzarella** into small pieces.



Chop the Veg

- Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.
- Cut the **tomato** into wedges.



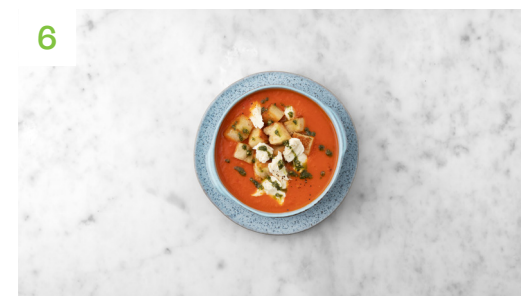
Blend Your Soup

- Remove the pot from the heat and blend the soup.
- Add additional **water** if the soup is too thick.
- Season to taste with **salt** and **pepper**.
- Loosen the **pesto** with 1 tbsp **oil** (double for 4p).



Start the Soup

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Add the **onion** and **garlic** and fry until fragrant, 2-3 mins.
- Add the **carrot** and **tomato** and fry until softened, 4-5 mins.
- Add the diluted **stock** and **passata** to the pot and cook, covered, over medium heat for 12-15 mins.



Garnish and Serve

- Divide the soup between your bowls.
- Garnish with crunchy croutons and **mozzarella**.
- Finish with the **pesto** drizzle.

Enjoy!