



Roast Tomato and Bell Pepper Soup

with creme fraiche and homemade breadsticks

Veggie Calorie Smart 45-50 mins

10



Bell Pepper



Onion



Basil



Baguette



Creme Fraiche



Vegetable Stock



Balsamic Vinegar



Paprika



Tomato

Pantry Items: Oil, Salt, Pepper, Sugar, Water

Before you start

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

Cooking tools you will need

Baking Sheet with Baking Paper, Immersion blender

Ingredients

	2P	4P
Bell Pepper	2 units	4 units
Onion	1 unit	2 units
Basil	10 g	20 g
Baguette	2 units	4 units
Crème Fraîche	62.5 g	125 g
Vegetable Stock	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Tomato	4 units	8 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	565.2 g	100 g
Energy (kJ/kcal)	2217.8 kJ/ 530.1 kcal	392.4 kJ/ 93.8 kcal
Fat (g)	15.3 g	2.7 g
Sat. Fat (g)	8.5 g	1.5 g
Carbohydrate (g)	84.1 g	14.9 g
Sugars (g)	20.4 g	3.6 g
Protein (g)	14.4 g	2.5 g
Salt (g)	2.8 g	0.5 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

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Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and chop the **onion** into small pieces.
- Chop the **tomato** into wedges.
- Thinly slice the **basil**, reserving the sprigs.



Roast the Veg

- Mix the **pepper, onion, tomato, basil** sprigs and half the **basil leaves** in an oven dish or on a lined baking tray.
- Drizzle the vegetables with **oil, balsamic vinegar** and **paprika**. Mix well.
- Season with **salt** and **pepper** and roast the vegetables on the middle shelf of the oven for 30-35 mins.



Make the Breadsticks

- Meanwhile, cut the **baguettes** into breadsticks 1-2cm wide.
- Arrange the breadsticks on a lined baking tray.
- Drizzle with a little **oil** if desired.



Bake the Breadsticks

- Place the breadsticks above the vegetables in the oven and bake for 10-12 mins.



Blend the Soup

- Once cooked, remove the vegetables from the oven and add to a large pot along with 500ml **water** (double for 4p) and **stock**.
- Blend the soup. Add more **water** to loosen the soup if desired.
- Place the pot over a medium-high heat. Bring to the boil and leave to simmer until the soup has warmed through.
- Season to taste with **salt, pepper** and **sugar**.



Garnish and Serve

- Divide the soup between your bowls.
- Garnish the soup with half the **crème fraîche** (double for 4p) and the remaining **basil**.
- Serve with the breadsticks alongside.

Enjoy!