



GINGER AND TURMERIC CARROT SOUP

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- ½ clove crushed garlic
- 1 teaspoon crushed fresh ginger
- 1 teaspoon ground turmeric
- 1 teaspoon fresh thyme
- 1 teaspoon salt
- freshly ground black pepper
- 500 g washed, peeled and chopped carrots
- 1 litre vegetable stock
- toasted chopped hazelnuts
- fresh thyme garnish

METHOD

1. Chop the carrots and onions into small pieces.
2. Sauté the onion, garlic, crushed ginger & turmeric then add the carrots and vegetable stock. Simmer until the carrots are tender then puree until smooth. Add more liquid if necessary.
3. Garnish with fresh thyme and roasted hazelnuts.

Turmeric has anti-inflammatory properties ✓

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SPAR 



PREP TIME 10min
COOK TIME 35min
TOTAL 45min
SERVES 3