



## Moroccan-spiced carrot soup

BY BRITISH HEART FOUNDATION

### You will need:

1½ tsp rapeseed oil

1 small onion, chopped

1 small clove garlic, crushed (optional)

1 stick celery (about 85g/3oz), chopped

350g (12oz) carrots (total/unprepared weight),  
peeled and sliced

1 tsp ras el hanout spice, and optional extra to  
taste (see Anne's tips)

450ml (16fl oz) homemade or reduced-salt  
vegetable stock

Freshly ground black pepper, to taste

Chopped fresh coriander, to garnish  
(optional)



## Method

1. Heat rapeseed oil in a non-stick saucepan; add onion, garlic (if using), celery and carrots and sauté over medium heat for 5–8 minutes or until softening. Add ras el hanout spice; cook gently for 1 minute, stirring.
2. Stir in stock and black pepper. Bring to the boil; reduce heat, cover and simmer for about 30 minutes or until vegetables are tender, stirring occasionally.
3. Remove from heat and cool for a few minutes. Purée soup until smooth using a hand-held stick blender or in a blender or food processor. If it has cooled, reheat gently until hot. You can stir in a little extra hot stock if you prefer a thinner soup. Ladle into bowls; garnish with coriander (if using). Serve with crusty wholemeal bread.

Each portion contains:

Energy 423kJ 101kcal	Sugars 10.4g Low	Fat 3.7g Low	Saturates 0.3g Low	Salt 1.4g Low
5%	12%	5%	2%	1%

% = an adult's reference intake