THE LIGHTER PLATE METHOD

# Honey Roasted Carrot and Cumin Soup

Roasting the carrots first makes all the difference — deep, sweet flavour in every spoonful.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **10 min** | **35 min** | **45 min** | **4** | **EASY** |

## Ingredients

- 800 g carrots (peeled and chopped)
- 1  onion (quartered)
- 1 tsp ground cumin
- 1 tbsp honey
- 800 ml vegetable stock
- 4 tbsp natural yoghurt (to serve)

## Method

1. Preheat the oven to 200°C (fan 180°C). Toss the carrots and onion with cumin, honey and a little oil.
2. Roast for 30 minutes until tender and caramelised at the edges.
3. Tip into a large pot with the stock, bring to a simmer and cook for 5 minutes.
4. Blend until smooth, season to taste, and serve with a swirl of yoghurt.

## Storage & reheating

Keeps in the fridge for 4 days or freezes for up to 3 months (add the yoghurt fresh each time).

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **150** | **4g** | **26g** | **3g** | **7g** |

*Estimated values, for guidance only. Contains: Milk.*