THE LIGHTER PLATE METHOD

Roasted Carrot & Rosemary Soup

Roasting the carrots first gives this soup real depth — sweet, silky and warmly herbal.

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

Ingredients

- 6 medium carrots (cut into thick rounds)
- 400 ml almond milk
- 3 tsp dried rosemary
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp ground turmeric
- 1 pinch black pepper
- 2 small onions (quartered)

Method

1. Heat the oven to 220°C (fan 200°C). Toss the carrots and onion with the oil, rosemary, turmeric, salt and pepper on a baking sheet.
2. Roast for about 30 minutes, until well browned.
3. Blend the roasted vegetables with the almond milk until silky smooth, adding more milk gradually to reach the consistency you like.
4. Taste and adjust the seasoning before serving.

Tips & swaps

- This freezes very well — a good one to batch cook.

Storage & reheating

Keeps in the fridge for 4 days or freezes for up to 3 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
140	**2g**	**16g**	**8g**	**4g**

Estimated values, for guidance only.