

Carrot, honey and ginger soup

Equipment

Sharp knives	metric measuring spoons & cups
grater	peeler
heavy-based saucepan	wooden spoon
blender	

Ingredients

- 2 tbsp olive oil
- 1 brown onion, diced
- 2 tbsp grated fresh root ginger
- 500g carrots, peeled & chopped roughly
- 1 tbsp mild-flavoured honey
- 1 lemon, juiced
- Salt & ground black pepper
- 400ml boiling water
- 40g butter, diced
- Handful fresh flat-leaf parsley, chopped

Method

1. Heat olive oil in saucepan over medium heat. Add onions and cook for about 5 mins, or until soft and translucent.
2. Add ginger and cook for a further 2 mins. Stir well. Add carrots, honey, lemon juice and salt and pepper to taste. Stir.
3. Add boiling water to soup ingredients. Reduce heat to low and cook for 35 minutes
4. Transfer to blender. Drop in butter cubes and blend until smooth and creamy.
5. Keep soup warm in a saucepan and reheat on hotplate when ready to eat. Serve in bowls with a sprinkling of chopped parsley on the top.