

Carrot and Courgette Soup

Ingredients

- 350g Diced Carrot
- 300g Courgette
- 100g Diced Onion
- 100g Diced Potato (1 medium)
- 1 Knorr Vegetable Stock Cube
- ½ Teaspoon Mixed Herbs
- 1litre of cold water

Options

- Add a few chilli flakes
- Add a clove of diced garlic for extra flavour

Equipment

- Sharp knife
- Potato Peeler
- Large Saucepan
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Peel and dice the carrot
- Wash and dice the Courgette – do not peel!
- Peel and dice the Potato
- Dice the onion, but it is much easier to use frozen diced onion

You can be a bit rustic with the chopping and dicing as this is going to be blitzed anyway.

Be sure to wash the potato thoroughly to reduce the starch and scum in the soup!

Method

Pop the vegetables in the large saucepan and barely cover them with water.

Add the stock cube and the mixed herbs.

Bring to the boil and simmer until the vegetables are soft – around 20 minutes.

Keep an eye on this, and gently stir from time to time.

One litre of water might not be enough, but it is easier to add more than it is to boil off the excess!

Using a hand- blender, blitz everything to a perfect smooth consistency.

Taste and season with more herbs, salt or pepper if required.

Notes

Vegetable stock cubes are not as salty as the ham or beef cubes so you might want to add a little salt.

200g portion is approximately 1½ ladles, based on the size of ladle I use! You will get used to your own size through time.



Green Courgette in a range of sizes, directly from the garden.

Portions

Number of portions	5
Final Portion Size	200g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrot
- Dicing and Slicing Courgette

