



# Carrot and Tomato Soup

with basil, mozzarella and baguette

Veggie Calorie Smart 35-40 mins

10



Tomato



Garlic



Baguette



Carrot



Vegetable Stock



Mozzarella



Onion



Basil

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Large Pot, Lid, Immersion blender

## Ingredients

	2P	4P
Tomato	4 units	8 units
Garlic	2 units	4 units
Baguette	2 units	4 units
Carrot	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Mozzarella	125 g	250 g
Onion	1 unit	2 units
Basil	10 g	20 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	494.5 g	100 g
Energy (kJ/kcal)	2384 kJ/ 569.8 kcal	482.1 kJ/ 115.2 kcal
Fat (g)	15.1 g	3.1 g
Sat. Fat (g)	8.7 g	1.8 g
Carbohydrate (g)	85 g	17.2 g
Sugars (g)	16 g	3.2 g
Protein (g)	24.8 g	5 g
Salt (g)	3 g	0.6 g

*Nutrition for uncooked ingredients based on 2 person recipe.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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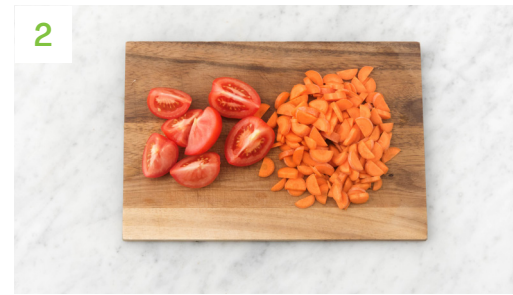


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### Start Your Prep

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Dilute the **stock** in 600ml hot **water** (double for 4p).
- Halve, peel and finely slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).



### Chop the Veg

- Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.
- Cut the **tomato** into wedges.
- Tear or chop the **basil** into small pieces.



### Start the Soup

- Add a drizzle of **oil** to a large pot for the soup. Place over medium-high heat.
- Add the **onion** and **garlic** and fry for 2-3 mins.
- Add the **carrot** and **tomato** and fry for 4-5 mins.
- Add the **stock** and cook, covered, over medium heat for 12-15 mins.



### Prep the Bread

- Cut the **baguettes** in half and pop onto a lined baking tray.
- Warm in the oven, 8-10 mins.
- Meanwhile, tear the **mozzarella** into small pieces.
- Cover the **baguette** halves with half the **mozzarella** during the last minute and let it melt in the oven.



### Blend Your Soup

- Remove the pot from the heat and blend the soup.
- Add additional **water** if the soup is too thick.
- Season with **salt** and **pepper** to taste.



### Garnish and Serve

- Divide the soup between your bowls and garnish with the **basil** and remaining **mozzarella**.
- Serve with the **baguette** alongside.

Enjoy!