

CARROT & GINGER SOUP

Ingredients	Equipment
2 Tablespoons Olive Oil	Saucepan
1 Brown Onion	Chopping Board
5cm Piece Ginger	Chef's Knife
2 Garlic Cloves	Vegetable Peeler
6 Carrots	Cup Measurements
4 Cups Chicken Stock	Spoon Measurements
Salt & Pepper to taste	Wooden Spoon

WHAT TO DO

1. Finely chop onion
2. Peel Carrots and chop into small pieces
3. Finely chop garlic
4. Peel and chop ginger
5. Heat oil in a saucepan over medium heat
6. Add onion, ginger and garlic. Reduce heat to medium-low.
Stirring occasionally for 8 to 10 minutes or until onion is soft.
7. Add carrots and chicken stock to saucepan.
8. Simmer for 35-40 minutes or until carrots are very tender.
Remove from heat and set aside.
9. Using a blender, process soup until smooth.