

Carrot and Orange Soup

Printed from Carrot Recipes at <http://www.carrotrecipes.co.uk/>

Orange juice and orange zest add a gentle sweet orange flavour to this deliciously savoury carrot soup. Perfect for dinner parties - garnish with a little cream, coriander and a few strips of orange zest for a beautiful starter.

Ingredients:

500g carrots
100g potato
100g leeks
1litre vegetable stock
4 tbsp. orange juice
2 strips orange zest
Salt and pepper

Directions:

1. Peel and dice the carrots and the potato. Finely chop the leeks. Place carrots, potato, leeks, stock and zest into a saucepan. Bring to the boil, reduce to a simmer and cook for 20 minutes until the veggies are tender.
2. Remove the zest. Blend the soup until smooth using a food processor or hand blender. Return to a clean saucepan and stir in the orange juice. Season to taste.

Author: Laura Young