

Carrot Soup with Seaweed

Serves 2-3 good sized portions

Ingredients:

- 1 large onion, diced
- 1 clove of garlic, crushed
- 2 sticks of celery, diced
- 8 medium carrots, peeled and diced
- 500ml stock (chicken or vegetable)
- 150ml double cream (100ml in soup, 50ml for garnish)
- 2 tsp dried seaweed flakes (1½ tsp in soup, ½ tsp for cream garnish)
- Ground black pepper and sea salt
- Little vegetable oil for sautéing

Method:

1. Add a little oil to a saucepan and sweat the onion for 2-3 minutes, add the garlic, 1½ tsp seaweed and celery and continue to cook gently, without colouring.
2. Add the diced carrots and cook for a further 5 minutes.
3. Add the stock and cook for 10-15 minutes until the carrots are soft.
4. Meanwhile stir 1½ tsp seaweed flakes into 50ml of double cream
5. Remove pan from the heat and blend soup until smooth.
6. Season with black pepper and sea salt.
7. Stir in 100ml of the cream.
8. Mix the remaining cream with ½ tsp seaweed and serve this as a garnish on top of individual bowls of the finished soup.

Did You Know?

Beta-Carotene is a popular skincare ingredient derived from carrots and other colourful plants and fruits. It has a bright pigment which gives carrots their distinctive orange colour and is classed as a carotenoid and antioxidant. Beta carotene is also converted into vitamin A, an essential vitamin that protects cells from the damaging effects of harmful free radicals.

