

## Carrot and orange soup

This is a classic flavour combination with zesty oranges and sweet carrots. It works perfectly as a starter or a light meal.



Serves: 4

Time: 1 hour

### Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 4 medium carrots, peeled and sliced
- 1 leek, washed and finely sliced
- 1 orange, zest and juice
- 75g pudding rice
- 1 teaspoon honey
- 1 litre vegetable stock (try to use low-salt stock)

- Freshly ground pepper
- 1 tablespoon chopped coriander

## Method

1. Heat the oil in a pan, add the chopped onion and cook over a medium heat to soften the onion but do not let it brown.
2. Next, add the carrots, leeks and the juice and zest of the orange.
3. Take a piece of moistened greaseproof paper roughly the size of the pan lid. Lay the paper on top of the vegetables in the pan and allow them to cook gently in their own steam and keep their flavour.
4. Cook for 5 minutes. Remove the greaseproof paper and add the remaining ingredients.
5. Allow the soup to simmer, with the pan lid on, for about 20 minutes until all the rice and carrots are cooked.
6. You can eat the soup chunky, or blend until smooth.

**Handy tip:** You can make the soup a little thinner by adding either water or skimmed milk. Serve sprinkled with wholemeal croutons and coriander.

## Nutritional Information

Each serving provides	Amount in grams
Energy	638 kilojoules/151 kilocalories
Fat	2.7
Saturates	0.44
Sugar	9.9
Salt	0.07

Typical values per 100g: Energy 152kJ/36kcal.

The nutritional information stated above is based on each serving of Carrot and Orange Soup and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).