

Stay cosy with this *super warming soup!*

Packed with antioxidant vitamins to help keep your immune system boosted during the cold winter months, this deliciously satisfying soup devised by head chef Daniel Holland Robinson at award-winning Greenwoods Hotel and Spa in Stock, can be served with warm crusty bread, croutons and winter green salad for the perfect lunch.

Warming carrot and ginger soup

Makes 4 generous bowls

Time 25 mins including cooking time

Ingredients

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| 1 tbsp rapeseed oil | 850ml vegetable stock |
| 1 large onion, chopped | 500g carrots (preferably organic), sliced |
| 2 tbsp grated ginger | Sprinkling nutmeg |
| 2 garlic cloves sliced | |

Method

- Heat the oil in a large pan, add the onion, ginger and garlic and fry for 5 minutes until it starts to soften.
- Pour in the vegetable stock, add the carrots and cover and simmer gently for 20-25 minutes until carrots are tender.
- Scoop a third of the mixture into a bowl and blitz the remainder in a blender or food processor. Return all the ingredients to the pan until bubbling. Serve with sprinkle of fresh nutmeg and black pepper.



Greenwoods Hotel & Spa
Stock Road, Ingatestone
Essex CM4 9BE
www.greenwoodshotel.co.uk
reservations@greenwoodshotel.co.uk