



# DEB'S WONKY CURRIED CARROT SOUP

## WITH GARLIC CROUTONS

Deb works at Wonky Veg Boxes and their goal is to save some of the 40% of crop veg that is wasted because they don't meet supermarkets' aesthetics. They work with farmers to rescue the surplus veg and deliver boxes of delicious, wonky veg to people in parts of the West Midlands. They even donate 10% of the veg to local food banks and charities!

Try Deb's delicious warming soup, which can be made with wonky or straight carrots!

**SERVES** 6

**PREP** 10 mins

**COOK** 60 mins

### EQUIPMENT

1 large saucepan / chopping board / large knife / wooden spoon for stirring / frying pan / blender or hand blender

### INGREDIENTS

1 tbsp olive oil  
1 large onion, chopped  
675g carrots, sliced  
½ tsp ground coriander  
½ tsp ground cumin

½ tsp hot chilli powder  
900ml vegetable stock  
Salt and freshly ground  
black pepper  
Sprigs of coriander, to garnish

For the garlic croutons:  
A little olive oil  
2 garlic cloves, crushed  
4 slices bread, crusts removed  
and cut into 1cm cubes

### METHOD

1. Heat the oil in a large saucepan, add the onion and carrots and cook gently for 5 minutes, stirring occasionally.
2. Add the ground spices and cook gently for 1 minute, stirring all the time
3. Stir in the stock, bring to the boil, then cover and simmer gently for 45 minutes until the carrots are tender
4. Meanwhile, make the garlic croutons. Heat the oil in a large frying pan, add the garlic and cook gently for 30 seconds, stirring all the time
5. Add the bread cubes to the frying pan, turning them over so they are nicely coated in the oil and fry over a medium heat for a few minutes until crisp. Turn frequently so they don't burn. Drain onto kitchen paper and keep warm
6. When ready, puree the soup using a blending stick or in a blender until smooth
7. Season to taste with salt and pepper
8. Serve hot, sprinkled with the croutons and garnished with the coriander sprigs

Got a brilliant soup recipe that is soup-er tasty? **Share it with us! #bigsoupshare**