

Carrot/orange soup

Ingredients

350g carrots
25g butter
1 small onion
1 vegetable stock cube
50ml orange juice
pepper, fresh mint
leaves

Utensils

1 saucepan & lid
1 wooden spoon
1 chopping board
1 vegetable knife
1 peeler
1 measuring jug

Method

1. Get out all ingredients and utensils.
2. Peel and slice the carrots and onion **THINLY** (remember trains & tunnels)
3. Melt the butter in the saucepan add the carrots and onion, cover with a lid cook on a **LOW** heat for 12-15 minutes until the carrots are soft.
4. Make up the stock cube using 500ml hot water, pour into the saucepan, bring to the boil and **SIMMER** for 20 minutes.
5. When the vegetables are very soft blend until smooth.
6. Stir in the orange juice and mint, season with pepper

