

Moroccan Vegetable Soup

A delicious and warming soup for cold and windy days



Serves: 2

Preparation Time: 30 Minutes

Ingredients:

30ml/2 tbsp olive or coconut oil
1 onion, chopped
225g carrots, chopped
225g parsnips, chopped
225g pumpkin
Ca. 900ml of vegetable stock
Lemon juice, to taste
Himalayan Salt and fresh ground black pepper

For The Garnish (Optional)

7.5ml/1 1/2 tbsp olive oil
1/2 garlic clove, finely chopped
3 tbsp chopped fresh parsley and coriander, mixed
A good pinch of paprika

Instructions:

- 1** Gently heat the oil in a large pan and fry the onion for about 3 minutes until softened, stirring occasionally. Add the carrots and parsnips, stir well, cover and cook over a low heat for a further 5 minutes.
- 2** Cut the pumpkin into chunks, discarding the skin and pith, and stir into the pan. Cover and cook for another 5 minutes. Add the stock and seasoning, and slowly bring to the boil. Cover the pan and simmer very gently for 35-40 minutes until all the vegetables are tender.
- 3** After the soup has slightly cooled, puree it with a food blender or in a food processor until smooth. If the texture is too thick for your liking you can just add a little extra water. Reheat the soup if necessary. Stir in lemon juice to taste.

To make the garnish, heat the oil in a small pan and add the garlic, parsley and coriander. Fry gently for 1-2 minutes. Add the paprika and stir well.

Pour into bowls and spoon a little garnish on top.