

Carrot and orange soup



Serves: 4

Time

Preparation time 15 minutes

Cooking time 45 minutes

Ingredients

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

To serve

- 170ml low-fat natural yogurt

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 in the pan, straight on top of vegetables, to cover them and allow the vegetables to cook gently in their own steam and keep their flavour.

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4. Cook like this for 5 minutes, then take away the greaseproof paper and add all the other ingredients. Allow the soup to simmer, with the pan lid on, for about 20 minutes until the rice and carrots are cooked.
5. If possible, liquidise the soup. You can make the soup a little thinner by adding either water or skimmed milk.
6. Serve with a dollop of yogurt in the centre of each bowl of soup.