

Menu

Carrot, Cashew and Sage Soup

Serves: 4

Time to prepare: 20 mins

Time to cook: 25 mins

Dietary requirements: Dairy-free, Egg-free, Vegan

Ingredients

30ml (2 tbsp) olive oil
1 onion, peeled and finely chopped
1 clove garlic, crushed
10ml/2 tsp dried sage
450g/1lb carrots, chopped
1 large potato, peeled and chopped
15ml/1 tbsp yeast extract
1 litre/1¾ pt vegetable stock
75g/3oz cashew nuts, chopped
Seasoning to taste

Instructions

1. Heat the oil and sauté onion gently.
2. Add the garlic, sage, carrots, potato and yeast extract and continue to sauté for a few minutes.
3. Add the stock and simmer for about 20 minutes.
4. Stir in the cashew nuts and season.
5. Allow to cool slightly and puree in a food processor or blender.

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