

Natrel[®]

Carrot Soup

For a light, creamy texture that complements the flavour of carrots, use Natrel Unsalted Butter paired with Natrel Fine-Filtered Milk. Warm yourself and your dinner table with the rich taste of our carrot soup which is easy to make and a delicious treat for the whole family.



SERVES
6 PORTIONS



PREPARATION TIME
15MIN.



COOKING TIME
30MIN.

Ingredients

1 medium onion, finely chopped
1 tbsp. olive oil
1 tbsp. Natrel Lactose free butter
1 tsp. cumin
1 tsp. curry powder
1 tbsp. grated fresh ginger
8 cups carrots, peeled and roughly cut into ½ inch pieces
2 cups potatoes, peeled and roughly cut in ½ inch cubes
4 cups chicken or vegetable stock
½ tsp. salt
½ tsp. freshly ground pepper
1 cup Natrel Lactose free 2%

Garnish

½ cup Natrel 35% Lactose Free Whipping Cream
2 tbsp. black sesame seeds
½ cup microgreens

Preparation

1. In a large saucepan, sweat the onions in the olive oil and butter on medium heat for about 5 to 7 minutes until translucent.
2. Stir in the cumin, curry powder and ginger. Sauté for 2 to 3 minutes until fragrant.
3. Add the carrots, potatoes, stock, salt and pepper. Simmer for about 25 to 30 minutes until vegetables are tender. Add the milk.
4. Using a blender, purée the soup in batches until smooth. Adjust seasoning if necessary.
5. Serve each bowl topped with some cream, sesame seeds and microgreens.