



Roasted Carrot & Baby Fennel Soup

What to collect

Ingredients	Equipment
2kg carrots, peeled and sliced	chopping board
4 baby fennel bulbs, sliced	knife
1 onion, sliced	peeler
olive oil	roasting pan
4 cloves of garlic	saucepan
3.2 litres vegetable stock	ladle
	stick blender

What to do

1. Preheat oven to 190C.
2. Put carrots, fennel and onion in a roasting dish and toss with 4 tablespoons olive oil. Roast for 20 minutes.
3. Then add the garlic cloves and continue roasting for another 20 minutes.
4. Place vegetables into a saucepan with the stock and simmer for 15 minutes.
5. Use a stick blender, to blend the soup together until smooth.
6. Season to taste and serve.