

One-pan Carrot & Cumin Soup



Serves 4

Prep 20 mins

Cooking 30 mins

Easy

Ingredients

17g butter (25g to serve 6)

1- 1½ tsp cumin seeds, + extra to serve (2 tsp to serve 6)

1 small onion, finely chopped

1 leek, green part trimmed away, finely chopped

1 garlic clove, chopped (optional)

1 star anise

400g carrots, chopped (600g to serve 6)

700ml vegetable stock (1 litre to serve 6)

60ml double cream + extra to swirl on top (100 ml to serve 6)

1. Heat the butter in a deep saucepan over a medium heat until just starting to sizzle, then fry the cumin seeds until toasted and crackling.
2. Add the onion, leek, garlic, star anise, carrots and a pinch of salt. Stir to coat. Cover, reduce the heat to low and cook gently for 15-20 mins, stirring occasionally until the vegetables have softened in their own steam.
3. Pour over the stock & bring the mixture to a simmer, then continue to cook for 10 mins until the carrots are tender. Spoon 2 tbsp of the cream into a small dish & set aside, then pour the rest into the pan & bring back to the boil. Remove the star anise and use a hand blender to blitz the mixture until smooth and silky. Or, tip into a standard blender in batches and blitz before returning to the pan.
4. **Note:** At this stage, the soup can be cooled & chilled for up to 3 days or frozen for 6 months. Defrost fully before reheating. Reheat until piping hot over a low heat, then pour into bowls, drizzle with the reserved cream & scatter the extra cumin seeds on top.
5. Serve with cheese, cumin & onion seed cornbread muffins or other muffins or baguette and cheese, if you like.