

Moroccan Spiced Soup



Serves
2 people

Prep Time

Cooking

Total Time

Calories

220 kcal

Stuff that's in it:

- 1 (130G) Large Brown Onion
- 1 Large Clove Garlic (Chopped)
 - 2 (65G) Celery Sticks
- 1 Veg Stock Pot (Made To 500Ml)
- 400G Carrots (Peeled And Chopped)
 - 1 Tsp Rapeseed Oil
 - 10G Seed And Nut Mix
 - ½ Tsp Ras El Hanout
 - 5G Coriander Fresh
- Pinch Dried Chilli Flakes
 - Bay Leaf
- 30G Natural Fat Free Yoghurt

What you do:

Heat the oil in a large deep pot, add the onion, garlic and celery and soften for 2 minutes. Add the carrot, bay leaf and ras el hanout and black pepper and gently fry for a few minutes. Add the stock, bring to the boil and simmer for 20 minutes. Blend into a soup with a stick blender and serve with the yoghurt, seeds and chilli flakes and coriander.

Nutrition

- Carbs: 23g
- Fat: 11g
- Protein: 8g

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