

## **SPICY MOROCCAN CARROT SOUP** (makes 6 portions)

**cashew cream** (see recipe below)

$\frac{3}{4}$  cup **cannellini** beans (soaked overnight and pressure cooked for 8 mins, save the **aguafaba**)

2 tsp **cumin**

2 tbsp **coriander**

$\frac{1}{2}$  tsp **cinnamon**

$\frac{1}{4}$  tsp **cayenne pepper**

2 tbsp **sesame seeds**

2 tsp **thyme**

2 tsp **sumac**

1 **onion**

1 **chilli**

4 **garlic cloves**

2 **red peppers**

1 kg **carrots**

700 g **sweet potato**

1 **sweet apple**

tin of **tomatoes**

+/- 900 ml **vegetable stock** (**aguafaba** + 1 dsp **miso** + 1 dsp **tamari** + 1 tbsp **tomato puree**

+  $\frac{1}{2}$  tsp **basil**)

180 g **curly kale**

$\frac{1}{2}$  cup **orzo**

Sauté the **spices** on lowest heat for 5-10 mins.

Add the **onion, chilli, garlic** and **red peppers**. Cook until soft.

Add the **vegetables** and **apple**, mixing thoroughly.

Add the **cashew cream**.

Add the **tomatoes** and **stock**.

Add the **curly kale** and **beans**. Cover, bring to the boil and simmer on low heat for 20 mins.

Turn off the heat and allow 15 mins to cool.

Liquidise.

Return everything to the wok, add the **orzo**, cover and simmer for 15 mins.

### **cashew cream**

$\frac{3}{4}$  cup **cashews** (soaked overnight and drained)

$\frac{1}{4}$  cup **coconut milk powder**

1.5 tbsp **oil**

1.5 tbsp **lemon or lime juice**

1 dsp **apple cider vinegar**

1 tsp **sweetner** (eg agave syrup)

1 tsp **mustard**  
enough **water** to achieve a thick cream consistency

Blend everything together.