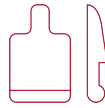




Moroccan Roasted Vegetable & Chicken Soup



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 50 MINUTES



SERVES: 6

Ingredients

500g carrots
500g sweet potato
500g pumpkin
2 medium onions, peeled and quartered
2 cloves garlic, peeled
2cm piece ginger, peeled and halved
1 tbsp Moroccan spice or ras el hanout
2 tsps turmeric
2 tbsps olive oil
Salt & pepper
2 half chicken breast fillets, approximately 300g each
1 tsp Moroccan spice – extra
2 tsps olive oil – extra
1.5 litres vegetable stock
Sliced mint leaves, to serve
Natural yoghurt, to serve

Method

Peel & trim the carrots, sweet potato & pumpkin and chop into 2 to 3cm pieces.

Place into a large bowl with garlic and ginger then add the spices and olive oil and toss well to coat.

Preheat oven on CircoRoast to 190°C. Line the universal tray with baking paper and arrange the vegetables in a single layer on the tray. Season with salt and pepper.

Line a second tray with baking paper and place the chicken onto the tray. Rub the chicken with the extra spice and olive oil.

Place the vegetables on shelf 1 and the chicken on shelf 3 and cook for 28 to 30 minutes or until the chicken is cooked. Remove the chicken and allow to rest. Change the oven function to CircoTherm® and set the temperature to 190°C. Continue to cook the vegetables for a further 15 minutes or until tender.

Place the vegetables into a large saucepan with the stock and puree with a stick blender until smooth. Alternatively, use a blender or food processor to puree the vegetables. Cook the soup over a medium heat, Induction level 5 until hot.

Slice the chicken finely. Spoon the soup into serving bowls then top with the chicken, mint leaves & yoghurt.

Notes

Extra stock can be added to the soup if it is too thick.