



SPICY CARROT & ORANGE SOUP

All things orange, this soup warms you up with its temperature and with spicy heat. It's quick to prepare, making it perfect for a weeknight supper. The addition of orange juice also adds hints of sweetness to the carrots.

INGREDIENTS

SERVES 8

10 ml cumin seeds
 20 ml coriander seeds
 2 onions, chopped
 2 clove of garlic, crushed
 1 - 2 chillies, finely chopped or 15 ml chilli powder
 5 ml fresh ginger, grated
 15 m curry powder
 450 g carrots, diced
 175 ml red lentils
 600 ml orange juice (can be freshly squeezed or bottled)
 1.2 litres vegetable stock
 salt and freshly ground black pepper

METHOD

1. Heat an AMC 16 cm Gourmet Low over a medium temperature until the Visiotherm® reaches the first red area. Add seeds and toast until golden brown – this will be a quick process. Remove from pan and grind with pestle & mortar. Set aside until needed.
2. Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area. Add onions, garlic, chilli and ginger, sauté for a few minutes.
3. Add curry powder, carrots, lentils, orange juice, stock and ground spices to unit. Reduce heat for 30 to 35 minutes until the lentils are soft.
4. Remove cookware from heat. With a stick blender, process the soup until smooth, season to taste.
5. Serve warm garnished with a dusting of chilli powder and fresh coriander leaves or a swirl of yoghurt.

TIPS & VARIATIONS:

- The toasted and freshly ground spices add a hint of smokiness to the soup. If you don't have the whole spices or are short on time, use ground spices.
- For a thicker soup, more lentils can be added.
- For a less spicy soup, remove seeds from chilli before adding.