

# Roasted Carrot Soup


Serves 4

## INGREDIENTS

500g carrots  
2 medium potatoes  
2 Garlic cloves  
1 large white onion  
Splash of Vegetable Oil  
Fresh Thyme (dried will also work)  
Pinch of Salt & pepper  
750 ml Vegetable stock



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2 Garlic cloves  
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Fresh Thyme (dried will also work)  
Pinch of Salt & pepper  
750 ml Vegetable stock



**How to make:**  
Pre heat oven 180c Peel and roughly cut the carrots, onion and potatoes then place in a roasting tray. Drizzle with oil then sprinkle with thyme, salt and pepper.  
Roast in the oven for 40-50 minutes mix half way through so they cook evenly. Remove from the oven when soft and starting to brown.



**How to make:**  
Tip the contents of the roasting tray into a pan along with the vegetable stock and bring to the boil. Then blend until smooth and serve with bread and an optional drizzle of coconut cream.



## METHOD

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Give them a go and remember to share your photos and tag us via our Facebook and Instagram pages @themaybush  
We cannot wait to see your creations!



a group of individual inns