

# ZA'ATAR ROASTED CARROT & SWEET POTATO SOUP

## QUICK

8 mins prep  
plus cooking  
time

## FAMILY



Feeds 6



## HEALTHY

Not peeling the  
sweet potatoes  
saves time and  
increases its  
nutritional  
benefit

## MEALS

Serve as a starter



## INGREDIENTS

- 1kg carrots
- 1 kg sweet potato
- 2 large onions
- 4 garlic cloves
- 5 tsp za'atar
- 1 tbs oil
- 1-2 stock cubes
- Enough water to cover the vegetables (approx. 1500ml)

## METHOD

- 1) Put the oven onto 180°C
- 2) Wash your sweet potato and cut into roughly equal sized chunks – no need to peel (unless very marked)
- 3) Wash and peel your carrots (keep the peel)
- 4) Put onto a large lined oven proof tray
- 5) Peel and cut your onion into eighths - add
- 6) Peel the garlic and add
- 7) Drizzle with oil and mix
- 8) Sprinkle the za'atar onto the veggies and mix. It will stick to the veggies because of the oil
- 9) Roast for about an hour till they are golden brown – mixing half way through
- 10) Put the carrot peel into a separate dish – drizzle with a little oil – mix well – cook for 10-15 mins till crunchy
- 11) When sweet potatoes and carrots are cooked – pour into a large saucepan
- 12) Cover the vegetables with water – approx. 1500ml - put a lid on the pan and bring to the boil
- 13) Simmer for 10 minutes
- 14) Add the stock and S&P and blend till smooth
- 15) Taste (add more S&P or stock to taste)
- 16) Serve sprinkled with the crispy carrot peels on top

### TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)