



# Carrot Soup with a Cashew Cream

## Carrot soup with a cashew cream with Alpro Soya Cuisine

### Preparation

1. Start with a few preparations: preheat the oven to 180°C, drain the chickpeas and let the cashew nuts soak in water for at least 2 hours. Rinse the cashews well after soaking them in water. Then, blend the soaked cashews with lemon juice, and Alpro Soya Cuisine into a consistent smooth mixture. Season with freshly ground pepper and salt.
2. Meanwhile, heat up a large saucepan over a medium-high heat. Chopped the onion, garlic and ginger. Add the vegan margarine to the pan and fry the onion, garlic and ginger until soft. Then add the herbs: fresh rosemary, bay leaf, garam masala and salt. Stir-fry them to release the aromas. Add the chopped carrots and half a can of the drained chickpeas.
3. Deglaze with the broth and heat up again. Once it boils, reduce the heat and let it simmer for about 20 minutes or until the carrots are soft. Then, remove the bay leaves and rosemary stems from the soup and blend finely. Season to taste with ground pepper and / or salt.
4. Pour the soup into bowls and sprinkle with a few tablespoons of cashew cream and poppy seeds.



4 portions



40min



### Ingredients

- 1.5 kg of carrots (chopped)
- 200 g of chickpeas
- 1.5L vegetable stock
- 1 large onion
- 2 cloves of garlic
- 4 cm of fresh ginger
- 2 tablespoons vegan margarine
- a few sprigs of rosemary
- 2 bay leaves
- 1 tablespoon garam masala
- 4 tablespoon of poppy seeds
- freshly ground pepper
- pinch of salt
- Cashew cream:
  - 125 ml of Alpro Soya Cuisine
  - 75 g of unsalted cashew nuts
  - 150 ml of water
  - 4 tablespoon of lemon juice

## Made with

Soya Single Chilled

