



vegetable and noodle soup SERVES 4

INGREDIENTS

1 Tbsp vegetable oil
1 stick celery, sliced
1 carrot, peeled and diced
½ leek, sliced lengthwise and then thinly sliced
1 kumara, peeled and diced
1 clove garlic, finely chopped
1 onion, finely chopped
4 cups chicken stock
½ cup egg noodles, broken into short pieces
1 Tbsp chopped fresh herbs, e.g. parsley, basil or dill
1 tsp lemon juice
¼ tsp salt
pinch black pepper

METHOD

Heat oil in a heavy-based saucepan over a medium heat. Add celery, carrot, leek, kumara, garlic and onion and cook gently for 5 minutes or until onion is clear.

Add stock and bring to the boil, reduce heat and simmer for 15 minutes, or until tender.

Add noodles and cook for 5–10 minutes until noodles are just cooked.

Stir in herbs, lemon juice and seasoning and serve.

thai vegetable soup SERVES 4

INGREDIENTS

½ Tbsp vegetable oil
1 Tbsp Thai green curry paste
1 ½ cups diced peeled pumpkin
4 yams, diced
1 carrot, peeled and diced
1 onion, finely chopped
3 cups vegetable stock
2 Tbsp soy sauce
½ tsp brown sugar
½ cup lite coconut milk
4 coriander sprigs



METHOD

Place oil in a heavy-based saucepan over high heat. Add Thai green curry paste and stir fry for 1 minute.

Add pumpkin, yams, carrot and onion and stir fry for 2–3 minutes. Add stock, bring to the boil, reduce heat and simmer until vegetables are just cooked.

Stir in soy sauce, sugar and coconut milk. Heat through and serve.



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sensational soups

with fresh New Zealand grown vegetables



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tandoori vegetable soup SERVES 4

INGREDIENTS

- 1 Tbsp canola oil
- 2 Tbsp Tandoori paste
- 1 onion, peeled and diced
- 2 carrots, peeled and diced
- 2 kumara, peeled and diced
- 2 sticks celery, diced
- 4 cups vegetable stock or water
- 2 Tbsp natural yoghurt
- 4 coriander sprigs

METHOD

Heat oil in a heavy-based saucepan. Stir fry Tandoori paste and onions for 1 minute.

Add vegetables and stir fry for 2 minutes or until slightly browned.

Add stock, bring to the boil, reduce heat and simmer until vegetables are cooked.

Serve with a dollop of natural yoghurt and a coriander sprig.



spinach and jerky soup SERVES 4

INGREDIENTS

- 1 Tbsp vegetable oil
- 2 onions, finely diced
- 2 cloves garlic, crushed
- 2 x 12g beef jerky sticks, sliced
- 2 golden kumara, peeled and diced
- 4 cups vegetable stock
- 5 cups baby spinach or finely sliced silver beet leaves
- ½ cup plain yoghurt (optional)

METHOD

Heat oil in a heavy-based saucepan.

Add onions and garlic and cook for 4–5 minutes or until onions are clear.

Add jerky, kumara and stock and cook for 10 minutes or until kumara is tender.

Add spinach and cook for 3 minutes. Stir in yoghurt, if using, and serve.



tomato and kumara soup SERVES 4

INGREDIENTS

- 2 tomatoes, chopped
- 2 kumara, peeled and sliced
- 5 yams, diced or 2 sticks of celery, sliced
- 4 cups vegetable stock
- 1 Tbsp smoked paprika
- salt and pepper to taste

METHOD

Place vegetables and stock in a large heavy-based saucepan. Bring to the boil, reduce heat, cover and simmer for 15–20 minutes or until vegetables are soft. Blend or mash.

Add smoked paprika and simmer for a further 5 minutes.

Add salt and pepper to taste and serve.

