



### **Roasted Celeriac Soup**

**Serves 4-6 persons.**

#### **Ingredients:**

- 1 tbsp Olive oil (leave a drizzle for sauté your bacon medallions if using)
- 1 yellow onion diced.
- 2 cloves garlic diced.
- 3 carrots chopped.
- 2 celery stick chopped.
- 1 celeriac peeled and chopped.
- 500ml water
- 4-6 unsmoked lean bacon medallions diced.

#### **Flavour Release:**

- Sea salt
- Black Pepper
- Soy sauce
- Thyme / Rosemary / Oregano (or try spiced using chilli flakes or curried using cumin!)

#### **Method:**

- Add all your chopped veg into a large roasting tin. Add a little water for the bottom, drizzle over your olive oil and add your herbs and spices. Cover and roast at 150 – 180c for 30 – 40 minutes or until soft.
- Transfer to a saucepan, add remaining water, bring to the boil, reduce and simmer slowly for 20 minutes.
- Blitz
- In a pan sauté your diced bacon medallions, serve on top or add to your soup and mix through.

#### **Optional: To make a fuller meal / quick nutritious evening meal:**

- Add 1 tin of butter beans to the soup.
- 1 x lean chicken breast shredded over the soup.
- Serve in a cup and add a side salad / toasted pitta pocket for balance.