



**Roasted Fennel & Carrot Soup**

**Serves 4-6 persons**

**Ingredients:**

- Olive oil
- 2 onions diced
- 2 cloves garlic diced
- 3 carrots chopped
- 1 celery stick chopped
- 1-2 fennel bulbs
- 1/2 butternut squash
- 500ml water

**Flavour Release:**

- Sea salt
- Black Pepper
- Soy sauce
- Worcestershire sauce

**Method:**

- Roast the onion, garlic, carrot, butternut squash, fennel, celery for about 25 – 30 mins. Drizzle olive oil on top and cover over with foil to avoid burning the tops



**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