



Vegan Jaffa Orange, Carrot & Fennel Soup

Makes

4

Time

1

HOUR

Level

SIMPLE

Kcal

109

per portion

You will need

2 Jaffa oranges, zested
100ml freshly squeezed Jaffa orange juice
10ml olive oil
1 medium fennel bulb, thinly sliced
1 small yellow onion, thinly sliced
2-3 cloves garlic, minced
500g carrots, peeled and sliced
1ltr vegetable broth
pinch of salt (to taste)

Cashew Creme
30g cashews, soaked for 30 minutes
55ml warm water
15ml fresh lemon juice
5ml apple cider vinegar
1g salt

USE THE HASHTAG
#JAFFAJOY

Our step by step guide

Step 1

Before starting, fully submerge the cashews in a bowl of water and soak for at least 30 minutes to soak.

Step 2

Heat the oil in a soup pot over medium heat. Add the sliced fennel and onion and cook, stirring often, until soft and golden, about 5 minutes. Add carrots and garlic and cook for 2 more minutes.

Step 3

Stir in the vegetable broth and Jaffa orange zest. Bring to the boil, then reduce heat to simmer. Cover and cook for 20 minutes until carrots are tender. Remove from the heat and stir in Jaffa orange juice and salt. Taste and adjust seasonings.

Step 4

Let the soup cool slightly. Then transfer to a blender and blend until completely smooth. Drain and rinse the cashews. Combine all the ingredients for the cashew cream in a blender, pulse until completely smooth.

Step 5

Serve the soup warm with a dollop of cashew cream and freshly ground pepper.

Step 6

Enjoy!

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