

Tomato & Basil Soup

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This soup is so good because it captures both the fresh and cooked elements of tomatoes, and, as always, the classic pairing with basil and olive oil is delicious. It will keep for up to a week in the fridge and up to 3 months in the freezer. The bacon hock is optional, so you can easily make this vegetarian.

Serves	10–12	Per serve	
Prep time	15 minutes	Carbs	6.6 g
Cook time	1 hour	Protein	3.0 g
Difficulty	●●●	Fat	7.6 g
		Energy	110 Cal

INGREDIENTS

1 kg fresh tomatoes (about 8–10)
6 cloves garlic, peeled
1 sprig rosemary (optional)
¼ cup olive oil
salt and freshly ground
black pepper
2 onions
2 carrots
250 g pumpkin, peeled
1 litre chicken, pork or
vegetable stock
1 litre water
1 smoked bacon hock (optional)
¼ cup grated Parmesan
½ cup picked basil leaves
1 tbsp extra virgin olive oil to serve

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Set aside one of the tomatoes for a garnish. Slice the rest and place on the baking tray along with the garlic and rosemary. Drizzle with olive oil and season with salt and pepper. Roast the tomatoes for 25–30 minutes.

Meanwhile, chop the onions, carrots and pumpkin and place in a pot. Add the stock and water and bring to a simmer. If using the smoked hock, add to the pot. Cook, covered, for 20–25 minutes, stirring occasionally.

Remove the tomatoes from the oven, discard the woody bits of the rosemary, discard the smoked hock (if using) and transfer everything else to the pot. Remove from the heat and allow to stand for 5 minutes before blending with a hand-blender until smooth. Alternatively, let the soup cool down until it is just warm, then blend in a smoothie blender or similar.

Once the soup is smooth, season to taste and reheat if necessary. Serve garnished with Parmesan, chopped fresh tomato, basil and a drizzle of extra virgin olive oil.

