



## **FESTIVE BEETROOT SOUP WITH DRIED FIGS AND HAZELNUTS**

PREPARATION TIME: 20 MINUTES – COOKING TIME: 25 MINUTES

### INGREDIENTS

- 15 g onions
- 5 g ginger
- 200 g beetroot
- 40 g apples
- 25 g oranges
- 5 g hazelnuts
- 10 g dried figs
- 20 g Parmesan
- 50 g natural soya drink
- 5 ml olive oil
- 80 ml vegetable broth
- 5 g sour cream
- (10% fat)
- a stalk of fresh parsley
- a pinch of gingerbread spice
- a pinch of brown sugar
- a pinch of salt
- a pinch of black pepper
- a bay leaf

### PREPARATION METHOD

1. Peel and finely dice the onion and ginger.
2. Wash and peel the beetroot and apples, then dice them.
3. Heat the oil in a large iCook saucepan on medium heat, add the onion and ginger and fry them for 1–2 minutes, until translucent.
4. Add the beetroot and apple and allow to simmer for a further 2–3 minutes.
5. Pour the vegetable broth over and add the spices, sugar and bay leaf. Cover the soup and allow it to simmer on low heat for approximately 20 minutes.
6. In the meantime, prepare the topping. Finely grate the orange, then squeeze out the juice. Roughly chop the hazelnuts and, using a small iCook pan, brown them until fragrant. Chop the figs and parsley. Grate the Parmesan and mix it with the parsley, figs and nuts.
7. Remove the bay leaf from the saucepan, add the soy drink and puree the soup until it has a creamy consistency. Finally, season it with salt, pepper and orange juice before serving.

To serve: Spoon the soup into bowls and garnish with the topping.