



ROASTED PEPPER & PAPRIKA SOUP

Prep: 10 minutes

Cook: 35 minutes

Serves 4

2 red peppers, quartered (370g)
2 yellow peppers, quartered (370g)
1 onion, diced (200g)
1 tbsp olive oil
1 tsp smoked paprika
700ml low salt vegetable stock
¾ tsp LoSalt



Preheat the oven to 200°C, gas mark 6.

Place the peppers and onion on a large baking tray and toss in the oil and paprika. Roast for 30 minutes.

Bring the stock to the boil and add the vegetables with their juices and the LoSalt and simmer for 1-2 minutes. Blend with a stick blender or food processor until smooth.

Cooks tip:

Add a dash of cream for an extra richness and serve scattered with croutons.

Nutrient	Per 100g	Per Serving	%GDA	Traffic Lights
Energy (kcal)	26	110	6	N/A
Protein (g)	0.6	2.5	N/A	N/A
Fat (g)	0.9	4	6	Low
Sat Fat (g)	0.2	0.5	3	Low
Carbs (g)	3.2	13.5	N/A	N/A
Sugar (g)	2.5	10.5	12	Low
Fibre (g)	1.5	6.5	N/A	N/A
Salt (g)	0.09	0.4	7	Low