



MANOLO BLAHNIK

Vegetable Soup

"Winters of my childhood were marked by bowls of this soothing soup. It's anything but boring – fresh, flavourful vegetables are star of this healthy and delicious dish. It just so happens to be easy to whip up, too." – Manolo Blahnik

INGREDIENTS

450g carrots
450g squash
450g tomatoes
2 turnips
1 yellow onion
425g fresh cooked chickpeas
425g fresh artichoke hearts
5 tbsp olive oil
1 tbsp flour
1 pinch paprika
Salt to taste

METHOD

Begin by readying your vegetables. Peel and chop the carrots and squash into little cubes. Peel and dice the onion, turnips and tomatoes. Pour the olive oil into a large pot over medium heat until it gets piping hot, then add the onion and sauté for about five minutes. Sprinkle in the flour and a dash of paprika and stir so it's lovely and thick. Add the chopped carrots and squash and enough water to cover the mixture. Give it a stir then cover the pot and let everything simmer for about 20 minutes until the carrots and squash are half cooked. Then add the turnips, tomatoes, artichoke hearts and a pinch of salt and continue to simmer for 15 minutes until the vegetables are soft. Now add the cooked chickpeas to the pot and stir just long enough so they are hot. Then it's ready to enjoy, a healthy yet divine dish that I simply do not tire of!