

## CHICKEN & SWEETCORN SOUP

### Ingredients

- 3x** Uncooked corn cobs
- 1x** Finely chopped red onion
- 2x** Cooked and shredded chicken breast
- 10x** Thinly sliced water chestnuts
- 1 tsp** Grated fresh ginger
- 650 ml** Chicken stock
- 2 tsp** Corn flour mixed with 1 tsp water
- 4x** Finely chopped spring onions
- 1x** Finely chopped red chili
- 10 g** Chopped coriander
- 200 g** Cooked noodles



1. Put the chicken stock into the soup maker along with the sweetcorn kernels, red onion, water chestnuts, ginger, shredded chicken, and pour in the cornflour paste. Mix the ingredients together with a spatula.
2. Push the chunky mode button on the soup maker.
3. Divide the hot cooked noodles between serving bowls and sprinkle with chilli, spring onions and coriander. Pour the soup over the noodles and serve.

## VEGETABLE SOUP

### Ingredients

Suitable vegetables for cooking and puree.  
Chicken/vegetable stock mixed with water.

- 1x** Potato or Sweet potato
- 1x** Carrot, tomato, zucchini and onion
- ¼ cup** Peas
- 4x** Button mushrooms
- 3x** Celery stalks
- 1x** Small handful of cauliflower florets
- 1x** Small handful of broccoli florets
- 1x** Chopped fresh basil leaf



1. Put the chicken stock into the soup maker along with the your selection of vegetables (make sure to chop the vegetables into small cubes) and fill to the MAX mark. Mix the ingredients together with a spatula.
2. Push the smooth mode button on the soup maker.
3. When the soup is done, season to taste and serve.

## WINTER LAMB & LENTIL SOUP

### Ingredients

- 2x** Lamb steaks, cut into small pieces
- 2 tbsp** Olive oil
- 1 tbsp** Flour
- 1x** Finely chopped onion, carrot and potato
- 2x** Finely chopped turnips and garlic gloves
- 1** Can of drained and cooked lentils
- ½ tsp** Finely chopped rosemary
- 2x** Bay leaves
- 650 ml** Lamb stock
- 1 tsp** Worcestershire sauce
- 1 tbsp** Chopped parsley



1. In a frying pan heat the olive oil and fry the lamb, onion, carrot and turnip until the lamb has sealed and everything starts to brown.
2. Stir in the flour then add half of lamb stock and remove the pan from the heat.
3. Put the lamb into the soup maker with the remaining stock and ingredients. Season with salt and milled pepper, mix the ingredients together with a spatula, push the chunky mode button and wait until the soup is done.

## CHICKEN & MUSHROOM SOUP

### Ingredients

- 300 g** Cooked and shredded chicken
- 250 g** Thinly sliced mushrooms
- 1x** Finely cubed potato
- 10 g** Chopped parsley
- 650 ml** Chicken stock
- 1x** Finely chopped onion
- 2 tbsp** Olive oil
- 1x** Finely chopped garlic glove
- 100 ml** Whipping cream



1. In a frying pan add the olive oil and fry the onion until soft, but not browned.
2. Add the garlic, mushrooms and continue to cook until the mushrooms have softened.
3. Move everything in the pan to the soup maker, add chicken stock, parsley and potato, stir. Push the smooth mode button and wait until the soup is done.
4. Season with salt and milled pepper, serve with a drizzle of cream.

## FRENCH ONION SOUP

### Ingredients

<b>50 g</b>	Butter
<b>1 tsp</b>	Olive oil
<b>4x</b>	Sliced large onions
<b>1 tbsp</b>	Brown sugar
<b>50 ml</b>	Brandy
<b>750 ml</b>	Chicken stock
<b>1 tbsp</b>	Balsamic vinegar
<b>2x</b>	Bay leaves
<b>2x</b>	Thyme sprigs



Servings: 2

1. In a saucepan, heat the butter and oil. Add the onion and saute until golden brown.
2. Place all ingredients into the soup maker.
3. Push the chunky mode button on the soup maker.
4. Serve soup with fresh bread, toasted with cheese.

## PEAR & APPLE PUREE

### Ingredients

<b>2x</b>	Green pears
<b>2x</b>	Red apples
<b>2 cups</b>	Water



1. Peel, core and quarter the pears and apples.
2. Put all ingredients into the soup maker.
3. Push the smooth mode button on the soup maker.
4. When the puree has finished cooking, pour it into a containers and refrigerate. Serve when cooled.

## ROASTED TOMATO & BASIL SOUP

### Ingredients

<b>8x</b>	Ripe tomatoes cut in half
<b>2x</b>	Red onions cut into wedges
<b>1 tbsp</b>	Olive oil
<b>4x</b>	Garlic cloves
<b>1 tbsp</b>	Balsamic vinegar
<b>2 tsp</b>	Tomato puree
<b>750 ml</b>	Chicken stock
<b>1 tsp</b>	Brown sugar
<b>10 g</b>	Fresh basil



Servings: 2

1. Pre-heat the oven to 200°C. Place the tomatoes skin side up into a roasting tin with the red onion and garlic. Drizzle over olive oil, balsamic vinegar and season with salt and milled pepper. Roast for 20 minutes until softened and slightly charred.
2. Carefully place the roasted tomatoes into the soup maker, pour in the chicken stock, add the tomato puree, brown sugar and fresh basil.
3. Push the smooth mode button on the soup maker. When the soup is done, season to taste and serve.

## BUTTERNUT PUMPKIN, CHILLI & COCONUT SOUP

### Ingredients

<b>600 g</b>	Butternut pumpkin cut into cubes
<b>1x</b>	Roughly chopped onion
<b>1x</b>	Finely chopped red chilli
<b>3x</b>	Sliced garlic cloves
<b>2 tbsp</b>	Olive oil
<b>1 tsp</b>	Ground cumin
<b>1 tsp</b>	Fresh ginger
<b>300 ml</b>	Vegetable stock
<b>200 ml</b>	Coconut milk
<b>10 g</b>	Fresh coriander Lime juice



Servings: 2

1. In a frying pan, heat the olive oil and fry the butternut pumpkin for 2-3 minutes, stirring occasionally.
2. Add the ground cumin, chilli, garlic, onion and continue to cook for a 5 minutes until the ingredients start to soften.
3. Move everything in the pan to the soup maker, add the remaining ingredients, mix together with a spatula. Push the chunky mode button.
4. When the soup is done, season to taste and serve. If you would like a smooth soup push the blend button until you have your desired consistency.