



Ras El Hanout Carrot Soup

with Feta, Quinoa & Harissa Oil



30-40min



2 Servings

There is nothing like dipping your spoon into a hearty bowl of homemade soup on a crisp night. This flavorsome version features sweet carrots, fresh orange zest, and aromatics amped up with a warming ras el hanout spice blend. The soup is puréed until silky smooth and garnished with protein-packed quinoa, briny feta, fresh mint, and a drizzle of spicy harissa oil. Soup season might just be our favorite time of the year!

What we send

- 3 oz tri-color quinoa
- 1 red onion
- 1 lb carrots
- garlic
- 1 orange
- ¼ oz ras el hanout
- 2 pkts vegetable broth concentrate
- ¼ oz harissa spice blend
- ¼ oz fresh mint
- 2 oz feta ⁷

What you need

- kosher salt
- 4 Tbsp butter ⁷
- olive oil

Tools

- small saucepan
- microplane or grater
- medium pot
- microwave
- immersion blender (or food processor, or blender)

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 74g, Carbs 70g, Protein 14g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil over high. Cover, reduce heat to medium-low, and cook until grains are tender and water is absorbed, 15-20 minutes. Keep covered until ready to serve.



4. Add liquids

To pot with **carrots**, add **all of the broth concentrate**, **3 cups water**, **2 teaspoons salt**, and **1 teaspoon of the orange zest**. Cover, and bring to a boil over high. Reduce heat to medium low and simmer, partially covered, until carrots are soft and flavors meld, about 10 minutes.



2. Prep ingredients

Halve and thinly slice **onion**. Scrub **carrots**, then cut into 1-inch pieces. Thinly slice **3 large garlic cloves**. Finely grate **1½ teaspoons orange zest** and squeeze **¼ cup orange juice**, keeping them separate. Cut **4 tablespoons butter** into ½-inch pieces; keep butter cold until step 5.



5. Purée soup

In a small microwave-safe bowl, stir to combine **remaining orange zest**, **3 tablespoons oil**, and **1½ teaspoons harissa**. Microwave until fragrant, 30-60 seconds. Remove **soup** from heat; blend with an immersion blender until smooth. While blender is running, add **cold butter**, 1 piece at a time, until soup is smooth. (Alternatively, blend soup in a conventional blender or food processor).



3. Start soup

Heat **3 tablespoons oil** in a medium pot over medium. Add **onions**, **sliced garlic**, and **a pinch of salt**. Cook, stirring occasionally, until softened but not browned, 4-5 minutes. Add **carrots**, **ras el hanout**, and **a pinch of salt**. Cook, stirring occasionally, until carrots begin to soften, about 5 minutes.



6. Finish & serve

Return **soup** to medium heat; cook, stirring, until warmed through. Stir in **orange juice**. Season to taste with **salt**. Pick and thinly slice or tear **mint leaves**; discard stems. Crumble **feta**. Ladle **soup** into bowls and top with **quinoa**, **mint leaves**, and **feta**; drizzle with **harissa oil**. Enjoy!