



BEETROOT APPLE SOUP WITH FENNEL GOATS CHEESE

Prep: 1h15 – Serves 4 –Easy

For the soup:

1 onion
1 fennel bulb (500g)
3 beetroots (550g)
1 large cooking apple (350g)
2 tbsp olive oil
 $\frac{1}{2}$ tsp fennel seeds
 $\frac{1}{4}$ tsp salt
2 garlic cloves
1.2l vegetable stock
 $\frac{1}{2}$ tsp dried chili flakes
3 tbsp fresh dill
pepper

For the croutons:

$\frac{1}{2}$ tsp fennel seeds
12 thin slices sourdough bread
olive oil
salt flakes
125g soft goat's cheese
runny honey

1. Start by preparing the vegetables. Peel and roughly chop the onion. Trim the fennel bulb, cut off the very top of the green stalks and roughly chop. Peel the beetroot and cut into bitesized chunks. Peel and core the apple and cut into bitesized chunks.
2. Heat the olive oil in a large saucepan. Add the onion, fennel, fennel seeds and salt and fry for 5 minutes. Peel and crush the garlic cloves and add to the saucepan, frying for another 5 minutes until the onion and fennel are soft.
3. Add the beetroot and apple, the vegetable stock and the chili flakes. Cover and bring to the boil. Reduce the heat and leave to simmer for approx.. 40 minutes until the beetroot is soft.
4. Meanwhile, prepare the croutons: Preheat the oven to 180°C fan. Toast the fennel seeds in a frying pan until fragrant. Brush each bread slice with olive oil on both sides and lay on a baking tray. Sprinkle with a few salt flakes and bake in the preheated oven for 10 minutes until crispy. Leave to cool.

5. After 40 minutes, check that the beetroot chunks are soft. Take off the heat, add the fresh dill and purée with a hand blender until smooth. Season with pepper to taste.
6. Spread some goat's cheese over each crouton, sprinkle with toasted fennel seeds and drizzle with a bit of honey. Serve the soup with the croutons on the side.

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