Honeyed carrot soup

Serves 6

- 2 tbsp butter
- 2 small leeks, sliced
- 800g carrots, roughly chopped
- 2 tsp honey
- Small pinch of dried chilli flakes (optional)
- 2 ½ litres vegetable stock
- Plain yogurt to serve
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1. Melt the butter in a large saucepan over a medium heat. Add the leeks to the pan, then cook for 3 minutes until starting to soften.

2. Add the carrots, honey, chilli (if using) and cook for 2 minutes.

3. Pour in the stock, bring to the boil, then simmer for 30 mins.

4. Blend the soup in batches and serve with a small spoon full of yogurt on top.