



Moorddrift
Dairy

CLASSIC TOMATO SOUP WITH BARLEY & BASIL

INGREDIENTS

- 1.3 kg ripe tomatoes
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 sachet Knorr Fresh Ideas Savoury Mince
- 40 ml tomato paste
- 125 ml plain yoghurt
- Black pepper to taste
- 15 ml olive oil
- 4 spring onions
- 130 g barley, cooked
- 400 ml water
- 125 ml cream
- 30 ml finely chopped basil
- 100 g bread sticks

METHOD

Plunge tomatoes into boiling water for 1 min

Remove and peel the skins, scoop out the seeds and discard them

Chop the tomatoes

Heat the oil in a large frying pan and add the onion, spring onion and garlic and cook for 3 min

Add the tomatoes to the pan and cook for 6 min, stirring occasionally until the tomatoes have softened

Stir in the barley, Knorr Fresh Ideas Savoury Mince sachet contents and 400 ml water, and simmer for 10 min

Add tomato paste and bring to the boil

Stir in cream, yoghurt and basil and season with black pepper

Serve with an extra blob of yoghurt and shredded basil, with bread sticks on the side

F R E S H E R F O R L O N G E R

Tel: 015 491 9400 | Toll Free: 0800 20 40 59 | www.moorddrift.co.za