Cawl moron a sinsir

Digon i: 4 | **Paratoi: 15 munud** | **Coginio: 25-30 munud**
Serves | Preparation | Cook



Cynhwysion



1 llwy bwrdd o olew rapeseed
1 winwnsyn mawr, wedi torri
2 llwy bwrdd o sinsir wedi'i gratio
2 ewin garlleg wedi'i sleisio
½ llwy de o nytmeg
850ml stoc llysieuyn
500g moron wedi'i sleisio
400g ffa cannellini (dim angen draenio)

Ingredients: 1 tbsp rapeseed oil, 1 large onion (chopped), 2 tbsp grated ginger, 2 garlic cloves (sliced), ½ tsp ground nutmeg, 850ml vegetable stock, 500g carrot (sliced), 400g cannellini beans (no need to drain)

1. **Mewn padell, cynheswch yr olew ac ychwanegwch y winwnsyn, sinsir, garlleg a friwch am 5 munud tan fod e'n meddalu. Cymysgwch y nytmeg i mewn a choginio am 1 munud arall.**
   Heat the oil in a large pan, add the onion, ginger and garlic, and fry for 5 mins until starting to soften. Stir in the nutmeg and cook for 1 min more.

2. **Arllwys y stoc i mewn, ychwanegwch y moron a'r ffa (gyda'r hylif). Wedyn rhowch glawr ar a'i mudferwi am 20-25 munud tan fod y moron yn frau.**
   Pour in the stock, add the carrots, beans and their liquid, then cover and simmer for 20-25 mins until the carrots are tender.

3. **Rhowch draean o'r cymysgedd mewn i fowlen a chymysgu'r gweddill gyda chwisg electrig tan fod e'n llyfn. Rhowch bopeth nôl yn y badell i dwymo tan fod e'n byrlymu. Bwytwch gydag almon a nytmeg ar ben.**
   Scoop a third of the mixture into a bowl and blitz the remainder with a hand blender or in a food processor until smooth. Return everything to the pan and heat until bubbling. Serve topped with the almonds and nutmeg.