

Recipe

Carrot and Coriander Soup

Ingredients

- 1 tbsp. vegetable oil
- 1 onion chopped
- 1 tsp. Ground coriander
- 1 Clove garlic peeled & sliced
- 450g Carrots, peeled & roughly chopped
- 1ltr Vegetable stock
- Pinch of nutmeg (optional)
- Freshly ground black pepper
- 2 tbsp. chopped fresh coriander
- Fresh coriander to garnish



Step 1

Heat oil in a large saucepan, add the onion and fry for 5 mins until softened. Stir in the garlic and ground coriander, letting them cook for a couple of minutes. Add carrots and stock. Bring to the boil, then reduce the heat to a simmer.

Step 2

Cover with a lid and cook for 20 mins until the carrots are tender. Stir in the nutmeg. Take the pan off the heat, and using a stick blender, start to blitz the soup. Throw in half of the fresh coriander halfway through, blend until smooth.

Step 3

Taste and season with black pepper. Top with the remaining coriander.
Serve with crusty bread.