



Recipes

Carrot and coriander soup

(serves 4)

This is a quick and healthy soup recipe – perfect for using up that bunch of carrots lurking in your fridge!

Ingredients

- 1 tbsp oil
- 1 onion, peeled and diced
- 1 tsp ground coriander
- 1 potato, peeled and diced
- 450g carrots, scrubbed and sliced
- 1.2 l low salt vegetable stock*
- Fresh coriander for sprinkling (optional)

Method

1. Add the oil to a large pan. Once hot, add the onion, and cook for around 3 minutes.
2. Add the potato, carrots and coriander powder. Heat for a further couple of minutes and then add in the stock.
3. Bring to the boil and simmer for around 20 minutes until the vegetables are tender.
4. Blend the soup until smooth.

*Can contain or is one of the 14 common allergens