



Carrot and Coriander Soup

Ingredients

- 1 tbsp Vegetable oil
- 1 Onion, chopped
- 1 tsp Ground coriander
- 1 Potato, chopped
- 450g Carrots, peeled and chopped
- 1.2L Vegetable stock
- Handful fresh coriander (optional)

Method

- Heat the oil in a large pan, add the onion and fry for 5mins until softened.
- Stir in the coriander and potato and cook for 1min
- Add the carrots and stock and bring to the boil, then reduce heat
- Cover and cook for 2mins until the carrots are tender
- Tip into a food processor and whiz.

Enjoy!

