



CARROT & CORIANDER SOUP



INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion – peeled and sliced thinly
- 1 stick celery – finely chopped
- 500g carrots – peeled and sliced
- 1 medium potato – peeled and diced
- $\frac{1}{2}$ teaspoon dried mixed herbs
- $\frac{1}{2}$ teaspoon ground coriander
- 700ml ($1\frac{1}{4}$ pints) water
- $\frac{1}{2}$ low salt vegetable **stock** cube
- 3 dessertspoons freshly chopped coriander
- black pepper

EQUIPMENT

- chopping board, sharp knife,
- vegetable peeler, large saucepan,
- measuring jug, teaspoon,
- hand blender, ladle

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: mustard, soya

COOK TIME: 25 minutes

METHOD

- 1** Heat the oil in a large saucepan over a medium heat and gently fry the onions, celery and carrots for 5 minutes until they start to soften.
- 2** Add the potato, herbs, ground coriander, water and stock cube to the pan and bring to the boil. Reduce the heat and simmer for 20 minutes until the vegetables are soft.
- 3** Remove from the heat and cool slightly, then blend until smooth. Once smooth, mix in 3 dessertspoons freshly chopped coriander and some black pepper.
- 4** Serve the soup with some crusty wholemeal croutons or bread.