



Carrot and Coriander Soup

 Serves 4

 30 minutes

 Easy

 Vegetarian

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2l vegetable or chicken stock
- Handful coriander (about ½ a supermarket packet)

Food processor required

Step 1:

Heat 1 tbsp vegetable oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.

Step 2:

Stir in 1 tsp ground coriander and 1 chopped potato, then cook for 1 min.



Step 3:

Add the 450g peeled and chopped carrots and 1.2l vegetable or chicken stock, bring to the boil, then reduce the heat.

Step 4:

Cover and cook for 20 mins until the carrots are tender.



Step 5:

Tip into a food processor with a handful of coriander then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt, if necessary, then reheat to serve.