

Carrot and Coriander Soup

prep time

10 mins

cook time

30 mins

serves

4

ingredients

1 tsp	Vegetable oil
1 x	Onion, sliced
1 x	Potato, sliced
3 x	Carrots, sliced
1 tsp	dried coriander
600ml	Vegetable stock
Bunch	Fresh coriander, chopped



Method

Heat the oil in a large pan and add the onions and carrots.

Cook for 3-4 minutes until starting to soften.

Stir in the ground coriander and season well. Cook for 1 minute.

Add the potato and vegetable stock and bring to the boil.

Simmer until the vegetables are tender.

Whizz with a hand blender or in a blender until smooth.

Reheat in a clean pan, stir in the fresh coriander and serve.

Serve with buttered crusty bread.

