

Recipe

Carrot & Corriander Soup



Ingredients

2 tbsp olive oil

½ onion, chopped

1 garlic clove, finely chopped

2 small carrots, peeled and chopped

400ml/14fl oz vegetable stock

3 tbsp chopped fresh coriander leaves

salt and freshly ground black pepper

Method

1. Heat the oil in a pan over a medium heat, add the onion and garlic and fry for 3-4 minutes, or until softened.

2. Add the carrots and continue to fry for 3-4 minutes, or until softened.

3. Add the stock and bring to the boil, then reduce the heat and simmer for 6-8 minutes, or until the carrots are tender.

4. Stir in the coriander and season, to taste, with salt and freshly ground black pepper.

5. Cool slightly, then transfer the mixture to a food processor and blend until smooth. Repeat if necessary and serve at once.