

Carrot & Coriander Soup

Ingredients (serves 4)

- 2 tablespoons of vegetable oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 450g (1lb) carrots, grated or roughly chopped
- 1.2 litres (2 pints) vegetable stock
- pinch of freshly grated nutmeg
- 1 teaspoon ground coriander
- ½ packet of fresh coriander , chopped
- 150ml (¼ pint) single cream (optional)
- Squeeze of lemon juice
- Salt and freshly ground black pepper

Method

1. Heat the oil and add the onion and garlic
2. Cook gently until soft in a covered saucepan.
3. Add the grated or roughly chopped carrots, stock, ground coriander and nutmeg
4. Cover and bring to the boil and simmer gently until the vegetables are tender.
5. Cool a little, then puree in a liquidiser.
6. Return the soup to a clean saucepan and stir in the grated carrots, fresh coriander, squeeze of lemon juice and cream.
7. Taste for seasoning and serve garnished with a swirl of cream and chopped fresh coriander

Tips & Hints

- If you want to freeze do not add the cream until defrosted and ready to reheat.
- Add more coriander for a stronger taste