

Recipe 14 – Carrot & Coriander Soup

This recipe is for 4-6 people

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- A. 1 Onion Sliced
- B. 450g carrots , peeled & diced
- C. 1 tbsp oil
- D. 1 tsp ground coriander
- E. 1.5 L chicken or veg stock
- F. Large bunch fresh coriander, roughly chopped
- G. Salt & black pepper

Equipment-

- H. Electric hand blender or Jug Blender or Food Processor



Timings –

Prep – 30 mins*, Cooking – 30 mins*, Blending - 10 mins.

*"The quoted times are an estimated and may vary based upon your experience & chosen ingredients"

Method

1. Heat the oil in a large pan, then add the onion & carrots & cook for 5 mins until starting to soften.



2. Stir in the ground coriander & season with salt and pepper. Cook for 1 min.



3. Add your stock & bring to the boil. Simmer for 15mins or until the vegetables are tender.



4. Once cooked allow to cool for a few minutes.



5. Using a stick blender, blend the soup until smooth and no pieces of carrot or onion appear.



6. Prior to serving add the chopped coriander stir in and cook through.



7. Do not allow the soup to boil



8. Serve in warm bowls .



Hints –

You can pre-cook this soup and store in the fridge, but do not add the chopped coriander until you are ready to serve.

If you do not have a stick blender, you can also use a jug blender or food processor, you will need to do this in batches and have a second pan available.