

Carrot & Coriander Soup Serves 2

Ingredients

1T Oil
1 t Ground coriander
1 t Minced garlic
3 large Carrots (peeled and diced)
1 small Onion (chopped)
500 ml Vegetable stock
¼ cup Milk
Salt and pepper to taste
Optional: Fresh coriander leaves (to garnish)



Method

Heat the oil in a large pot. Add onion, garlic, carrot and ground coriander and sauté for 3-4 minutes.

Add vegetable stock and simmer for 10- 15 minutes or until the carrots are soft.

Puree the mixture and add milk. Heat without bringing to boil.

Adjust the seasoning to taste.

Serve warm with sprinkled coriander on top.

Tip: You could easily double this recipe and freeze some for another meal. Vegetable stock can be purchased in vacuum packed containers or made using 1 t of vegetable stock powder per cup of hot water.