Carrot and coriander soup

What I need:

225 grams or 4 small carrots

1 cup of vegetable stock

½ a clove of garlic

1 teaspoon dried coriander

Or 1 big handful fresh coriander
Fruit and vegetables

25 grams or 2 teaspoons of margarine

Salt and pepper

What do I do?

Peel and chop carrot into small chunks

Put the margarine into a large pan.

Put the pan on the hob and turn the heat to medium.

Add carrot and garlic to pan

Cook for about 5 minutes until the carrots are softer
Pour in the stock
Simmer for 20 minutes
Then add coriander

Put the soup into a blender.
Blend until smooth.