

Fruit and vegetables

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

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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

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Pour in the stock

Simmer for 20 minutes

Then add coriander



Put the soup into a blender.

Blend until smooth.

