

# Carrot and Coriander Soup



## Ingredients (serves 2):

- 2 tablespoons olive oil
- 1 large onion, peeled and chopped
- 4 large carrots peeled and sliced
- 1 sweet potato peeled and sliced
- 1 teaspoon ground coriander
- 1-pint vegetable stock
- sea salt and black pepper, to taste
- fresh coriander to decorate

## Make:

1. Heat the olive oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.
2. Stir in 1 teaspoon ground coriander, then cook for a further few minutes.
3. Add the 4 peeled and chopped carrots, 1 chopped sweet potato together with 1-pint vegetable stock, bring to the boil, then reduce the heat.
4. Cover and cook for 20 mins until the carrots are tender.
5. Tip into a food processor and blitz until smooth
6. Return to the pan, add salt and pepper if required, then reheat to serve with fresh coriander to decorate.

