



Carrot & Coriander Soup

A quick and easy recipe that the whole family can enjoy.

Ingredients

- 1 tbsp vegetable oil
- 2 sticks of celery, sliced
- 1 garlic clove, crushed
- 1 onion, sliced
- 1 tsp ground coriander
- 450g/1lb carrots, peeled & sliced
- 1.2 litres/2 pints vegetable stock
- Large bunch fresh coriander, roughly chopped
- salt and pepper to season

Method

- Heat the oil in a large frying pan and add the onions, garlic, carrots and celery. Cook for 3-4 minutes until they start to soften.
- Stir in the ground coriander, coriander stalks and season. Cook for 1 minute.
- Add the vegetable stock and bring to the boil, simmering until the vegetables are tender (10-15 minutes).
- Whizz with a hand blender/blender until smooth. Gently reheat.
- Stir in the fresh coriander.
- Add a splash of cream to enrich the flavour and enjoy!

Nutritional Benefits

Carrots support a healthy digestive system and are a rich source of beta-carotene, which can help us maintain good eyesight.



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