

Cheap and Cheerful Carrot and Coriander Soup from NTC Contours Gym

Carrot and Coriander Soup (serves 4)



INGREDIENTS

1 tsp oil
2 onions, finely chopped
2 leeks, finely chopped
6 large carrots, finely chopped
500ml vegetable stock
140ml semi-skimmed milk
3 tsp dried coriander
Black pepper

PER SERVING Carrot and Coriander Soup

Energy	Fat	Saturates	Sugars	Salt
365kJ 87kcal	2.3g	0.3g	11g	0.62g
4%	3%	2%	12%	10%

of an adult's Reference Intake.
Typical values per 100g: Energy 102kJ/24kcal

METHOD

- Heat oil in a large saucepan over a medium heat.
- Add the onion and fry gently until soft, add the leek and place a lid on the pan. Reduce the heat and cook for 2-3 minutes or until the leek is soft.
- Add the carrots and the stock, bring to the boil, then reduce the heat and simmer for 20 minutes.
- Add the milk and coriander powder and simmer for a further 5 minutes.
- Blend until smooth; allow it to cool slightly and add pepper to taste.