

## Carrot & coriander soup

### **Ingredients**

1kg Carrots

2 Onions

1 Vegetable stock cube

2 tsp Dried garlic

1tsp Chilli powder

Good handful of Fresh coriander

Salt and pepper to taste

### **Method**

1. Peel and finely slice carrots & onions.
2. Add carrots and onions to a pan and fry off on a medium heat for 5 minutes. Then add the stock cube, salt and pepper, garlic, chili and water.
3. Place on a high heat till boiling then reduce to a slow boil for 30-40 minutes
4. Put mixture into a blender and blend until smooth
5. Finely chop the coriander and stir through the soup then serve