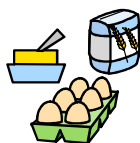




+



Carrot and Coriander Soup



INGREDIENTS



1 Tablespoon

of



Oil

+

1



Onion,

+

1



Potato

4



+



4

Carrots

and

1 Tablespoon

of

Coriander



1.2

Litre

of



stock



INSTRUCTIONS

1



1.

Cut



up

the



onion

+

and



peel

1

one



potato



Peel

4

4



carrots

+

and

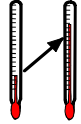


cut



up

2



2. Heat



1 tablespoon

of



oil



in

a



saucepan

+

and



cook



the

onions

for

5 minutes.



3



3. Stir



in



1 Teaspoon

of

coriander,



add

the



+

and



carrots

+

and



fry

for

two

minutes.

2



4



4. Add

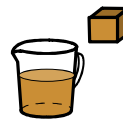
1.2



litres

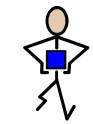
of

vegetable



stock

and



bring

to the

boil.

Cook

for

20 minutes.



5



5.

Put



ingredients



in

to a



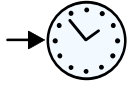
blender

+

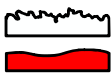
and



mix



until



smooth.

