

Recipe

Carrot and Coriander Soup:

suitable for vegans depending on the stock you use.

Ingredients for 4;

1 onion

1lb/450g carrots

1 tsp ground coriander

2 pints/1.2ltr vegetable stock

Salt and black pepper

Peel and chop the onion and carrots.

Heat a little vegetable oil in a large saucepan.

Add the onion and carrots and cook for 5 mins.

Add the coriander and stir well for a couple of minutes.

Pour in the stock, bring to the boil and then simmer for 30-40 minutes.

Season to taste.

Whizz with a hand blender until you have an almost smooth consistency.

Best served immediately with freshly baked bread and chopped fresh coriander as a garnish.

Can be refrigerated or frozen.

Recipe kindly supplied by All You Knead, The Kitchen Courtyard, Haigh Woodland Park, Wigan WN2 1PE www.allyouknead.co.uk



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