

Carrot & Coriander Soup

This is one of our family favourites. I promise you, when you make this once, you will love it too. Even people who don't like carrots or coriander enjoy this soup!

INGREDIENTS

- 1 kg carrots, peeled and chopped
 - 1 tbsp coriander seeds
- 1 tbsp butter (or olive oil for vegans)
 - 6 cups water
 - 1 veg stock cube
- Fresh coriander to garnish
- Salt and pepper to taste

METHOD

- Dry roast the coriander seeds by placing in a dry pan on a medium to high heat and constantly moving them around. After about a minute you will notice the colour start to change and they will release a lovely aroma. Another 30 seconds or so and they will be ready. Blitz them in a pestle and mortar or spice blender till very fine
- Melt the butter in a pan and add the carrots and blitzed coriander seeds. Cook for about 10 minutes
 - Add the water and stock and bring to the boil
- Reduce the heat and simmer for about 20-30 minutes or until the carrots are really soft
 - Turn off the heat, let it cool a little and blitz till smooth. I use a stick blender which I find works really well.
- Check for seasoning and serve. I like to add fresh coriander but my littles prefer it without. We have it with crusty bread