COOK
FOR GOOD

Carrot and Coriander Soup

Colourful, healthy and nourishing, this flavour-packed soup is too good to be just for bunnies! Serves 6.

Ingredients

- 1½ tbsp olive oil
- 2 onions
- ¼ bunch thyme
- 3 cloves garlic
- 800g carrots
- 1 tsp coriander seeds
- 65g fresh coriander
- 20g vegetable stock powder
- 3 litres hot water
- 10ml white wine vinegar
- 50ml orange juice
- 15ml olive oil (just for garnish)
- Salt and pepper

Method

- Peel and dice the onions, set aside.
- Remove the thyme leaves from the stalks – reserve leaves, discard stems.
- Peel and chop the carrots into cubes (2cm) and set aside.
- Peel and chop the garlic and set aside.
- Remove the coriander leaves from the stalks – roughly chop the stalks and set aside. Finely chop the leaves and reserve separately.
- Crush the coriander seeds in the pestle and mortar until finely ground.
- Juice the orange and set aside.
- Add oil to the pan, place on the heat and when hot add the onion, garlic, and the ground coriander. Sweat down until soft.
- Add carrots and thyme, and cook on a low heat for 10 mins until carrots start to caramelise.
- Add the stock powder, mix through, then add the hot water and the chopped coriander stalks. The liquid should just cover the vegetables; you can add more stock if required.
- Simmer on a low heat for about 45 minutes.
- When the carrots are soft, use a stick blender to blitz the soup to very smooth.
- Taste and add salt, black pepper and a few splashes of vinegar as required.
- Slowly add the orange juice and continue to blend – add half, taste and add more if necessary.
- Serve hot, garnished with olive oil and some coriander leaves.