

# Carrot & Coriander Soup

VG / GF



15  
YEARS

Carrots are an excellent source of vitamin A, providing up to 50% of our daily requirement in just one carrot. This is essential for helping fight illness and infection.

Makes: 6 portions • Preparation time: 30 minutes

## Ingredients

- 1 tbsp oil
- 1 onion
- 3 tins carrots
- 2 tins peeled potatoes
- 1 veg stock cube
- 500ml water
- Bunch of fresh coriander
- Black pepper

## Equipment

- Sharp knife
- Chopping boards
- Large saucepan with lid
- Measuring jug
- Blender / hand blender
- Serving spoon / ladle

## Allergy information

**Stock cubes (gluten / wheat / celery): Free from stock cubes are available, be sure to check ingredients list.**

## Method

1. Peel and slice the onion.
2. Heat the oil in the pan and add the chopped onion. Cook on low for 5 minutes stirring to prevent sticking.
3. Drain the carrots and potatoes, chop and add to the pan with the onion.
4. Add the water and stock cube, bring to the boil.
5. Cover the pan and simmer for 10 minutes until the vegetables are softened.
6. Allow to cool for 5 minutes.
7. Ladle the soup into the blender and whizz until the mixture becomes smooth (or use the hand blender and blend in the pan).
8. Return the blended soup to the pan.
9. Chop the coriander, add to the soup and season with the ground black pepper.

## Top tips

- Cut up some stale bread, drizzle with oil and bake for 10 minutes to make some quick and easy croutons.
- Try using fresh carrots and potatoes, these would take a little bit longer to cook!
- Carrots/coriander are really easy to grow, so this is the perfect 'grow to cook' recipe.

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