

Soup: Carrot

Ingredients

- Cumin and coriander seeds
- Oil – olive or groundnut
- Red onion – chopped
- 3 large cloves garlic (or to taste)
- 4 large carrots if using organic just wash and slice if not peel and slice
- 3 large Maris piper potatoes – chopped
- One green or red chilli
- Veg or chicken stock
- Bunch of coriander
- Salt pepper

Dry fry teaspoon cumin and coriander seeds in large pan

When seeds start browning add oil

Add chopped red onion

Add garlic

Fry a little to start to brown onions

Add chopped green or red chilli

Fry for a few minutes

Add sliced carrots

Fry a little to start to brown/ colour

Chopped potatoes

Fry a little to start to brown/ colour

Add enough veg or chicken stock to cover all veg in the pan, add half bunch coriander

Add salt and pepper

Simmer for 30 - 40 minutes till veg cooked/ soft

Pour into blender or food processor and blend till smooth

Serve with dollop of crème fraiche on top and chopped coriander

Enjoy!