Carrot & Coriander Soup

Serves 4  
Prep time: 15 minutes  
Cook time: 50 minutes  

Ingredients

- 1 lb/500 grams carrots (approximately 8 - 10), peeled and chopped  
- 2 medium potatoes, peeled and cut into small pieces  
- 1 medium onion, peeled and roughly chopped  
- 1 litre of vegetable stock  
- 2 tablespoons olive oil  
- 2 Garlic cloves, crushed  
- 1 tablespoon ground coriander  
- 1/2 Teaspoon ground turmeric  
- Bunch of fresh coriander to serve  
- Salt and pepper

Method

Preheat oven to 375 degrees F. Put all the carrots and potatoes in a large roasting tin. Drizzle with one tablespoon of the olive oil and roast for about 35 - 40 minutes. Remove from oven.

In a large stainless steel pot set over medium to high heat, add the remaining tablespoon of olive oil and the crushed garlic. Stir for a minute and add the onion. Stir really well and brown the onion for a minute. Reduce heat to medium low and add about 2-3 tablespoons of the stock. Stir well and leave onions to cook and caramelize for about 15 minutes, stirring occasionally.

Add the ground coriander and turmeric to the onions and stir well for a minute. Add the roasted vegetables and the stock. Stir well and bring to a boil for about 2 minutes.

Remove from heat and blend in batches. Return to the pot and season with salt and pepper. Top with fresh coriander leaves and serve.