

# Carrot & Coriander Soup

0 exchanges



## Ingredients (Serves 6–8):

- 1 tbsp cooking oil
- 90g (3½oz) chopped onion
- 1 garlic clove, crushed
- 450g (18oz) chopped carrots
- 625ml vegetable stock\*
- Large pinch ground nutmeg
- 1 tbsp chopped coriander
- 125ml (¼ pint) **Loprofin Drink**\*\*



## Method:

1. Heat the oil in a large saucepan and fry the onion and garlic over a moderate heat for 2 minutes, until just softening. Add the carrots and stock to the pan and bring to the boil. Reduce the heat, cover and simmer for 10 minutes. Allow to cool slightly.
2. Purée the soup (or liquidise for 30 seconds) until smooth. Add the nutmeg, chopped coriander, Loprofin Drink and salt and pepper to taste.
3. Reheat the soup gently until just boiling. Serve with Loprofin Rolls.

\*\*1 carton of Loprofin Drink contains ½ an exchange.