

Spicy carrot & coriander soup

Serves 3-4



Ingredients

450g/1lb/4 medium carrots, peeled and chopped
3 garlic cloves, peeled and crushed
1 small potato, peeled and chopped
1 medium onion, chopped
2 heaped tablespoons chopped coriander
1.2litres/2 pints boiling water
1 teaspoon cumin powder
½ teaspoon Cajun spice
1 stock cube
Ground black pepper

Method

1. Heat the stock cube in a large pan, add the chopped onions, garlic, carrots and potato. Cook gently on a medium heat for 2-3 minutes. Add a little water if it starts to stick.
2. Add the water and bring to the boil. Cover and reduce the heat. Simmer over a low heat for about 20-25 minutes until the vegetables are tender.
3. Stir in the cumin, cajun and coriander.
3. Pour the soup into a food processor or blender and process until smooth.
5. sprinkle with pepper and serve.