



Serves: 4

# Carrot and Coriander Soup

## Ingredients

- Carrots, grated 400g
- Green coriander, chopped ½ cup
- Fennel seeds 2 tsp
- Canola oil ½ tbsp
- Peppercorn 15-18
- Onion, chopped 1
- Water 6 cups
- Bay leaf 2
- Light cream ½ tbsp
- Salt, to taste

### Tips:

- Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
- Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

## Method

- Heat oil in a pan. Add the peppercorn, bay leaf and fennel.
- Add the onions and sauté till light brown. Add the grated carrots and water. Boil the mixture till the carrots are cooked. Add the coriander and immediately remove and cool.
- Place the soup in a blender and blend to a smooth paste (strain if necessary).
- Heat the soup in a sauce pan, adding the seasoning. Adjust the consistency with water, stir in the cream.
- Serve hot.

### Nutrition Information (Per Serving):

Energy 79kcal  
Carbohydrate 13.8g  
Protein 1.6g  
Total fat 2.6g  
Saturated fat 0.2g  
Cholesterol 0mg  
Dietary Fibre 3.9g  
Sodium 225mg