

Winter Warmer ideas for November

Carrot & Coriander Soup

Ingredients

- 2 tbsp vegetable oil
- 500g diced frozen onion
- 1 kg carrots, diced frozen
- 2.4 litres/4pints vegetable stock
- 1 tsp ground coriander
- Large bunch fresh coriander, roughly chopped (optional)
- Salt and freshly ground black pepper

Preparation method

1. Heat the oil in a large pan and add the onions and the carrots. Cook for 6-7 minutes until they begin to soften.
2. Stir in the ground coriander and season well. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer until the vegetables are tender.
4. Whizz in a blender until smooth. Reheat in a clean pan, stir in the fresh coriander and serve.



Code	Description	Size
12017	Vegetable Oil	15ltr
80483	Diced Frozen Onion	10kg
80485	Diced Frozen Carrot	10kg
36103	Vegetable Boullion	2 x 2kg
34049	Ground Coriander	450g



Perfect Winter
Warmer!

