

## Carrot soup



You will need either a hand-held blender or food processor, grater and large saucepan

### Ingredients

1 onion sliced finely, 4-5 large carrots sliced finely, about 3cm fresh ginger grated, 1tbsp finely chopped coriander, 1 litre mix of vegetable stock and almond milk (adjust quantity as needed), cooking oil.

### Preparation

1. Sweat the onion and ginger in the saucepan.
2. Add the carrots and stock and bring to just below boiling.
3. Simmer for at least 20 minutes. NOTE the carrots take a long time to cook so periodically prod them with a sharp knife to test whether cooked. Season to taste.
4. When the carrots are cooked remove the saucepan from the heat, and either use a handheld blender to liquidise the carrots, onion, and ginger, or pour into a blender and blitz.
5. Either put the soup in a large bowl as above or serve into individual bowls, either way, decorate with chopped coriander.

Serves 4