

## Carrot & Coriander Soup



25g (1oz) butter

1 medium onion, finely chopped

1 garlic clove, crushed

550g(1 1/4 lb) carrots, of which 1lb roughly chopped, and 4oz coarsely grated

1 litre vegetable stock (sugar free, gluten free, yeast free)

a pinch of nutmeg

1 tbsp chopped fresh coriander

150ml unsweetened coconut or almond milk

salt and freshly ground pepper

To Garnish:

150ml yoghurt

2 tbsp chopped fresh coriander

- Melt the butter and cook the onion and garlic gently until soft in a covered saucepan, without coloring.
- Add the roughly chopped carrots, stock and nutmeg.
- Cover, bring to a boil and simmer gently until the vegetables are tender.
- Cool a little, then puree in a blender.
- Return the soup to a clean saucepan and stir in the grated carrots, coriander and cream.
- Taste for seasoning.
- Serve garnished with a swirl of yoghurt and a sprinkling of chopped fresh coriander.