



Looking for a warming supper or lunchtime snack? Carrot and Coriander go so well together, but the splash of orange in this soup makes it doubly special. Try it and see. Each portion provided at least 2 of your 5-a-day.

Carrot and Coriander Soup		
Serves 4		Skill Level – Easy
		Preparation and cooking Time - About 30 minutes
Metric	Imperial	Ingredient
1 tablespoon		sunflower or rapeseed oil
1		clove garlic, crushed
1		onion, chopped
2 medium		carrots, grated
2		celery sticks, chopped
2		tomatoes, chopped
600mls		vegetable stock
300mls		orange juice
3 tablespoons		freshly chopped coriander
		freshly ground black pepper to season
1. Heat the oil, add the garlic, onion, carrot, celery and tomatoes and cook for a few minutes until softened		
2. Add the stock, season and simmer for 20-25 minutes		
3. Add the coriander and orange juice		
4. Pulse in a blender, reheat, check the seasoning and serve		
Serve with chunks of wholegrain bread		
Recipe tip: Reduce salt further by using homemade vegetable stock or by using a low salt stock cube		

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