

## **Carrot & Coriander Soup**

### **Ingredients**

1 tablespoon cooking oil

90g onion, chopped

1 garlic clove, crushed

450g carrots, chopped

600ml vegetable stock\*

Large pinch of ground nutmeg

1 tablespoon coriander, chopped

125ml low protein milk

A pinch of salt and pepper, to taste

\*check protein content on label

### **Method**

1. Heat the oil in a large saucepan and fry the onion and garlic over a moderate heat for 2 minutes, until just softening.
2. Add the carrots, coriander and stock to the pan and bring to the boil.
3. Reduce the heat, cover and simmer for 10 minutes. Allow to cool slightly.
4. Puree the soup (or liquidise for 30 seconds) until smooth, add the nutmeg, low protein milk and salt and pepper.
5. Reheat the soup gently until just boiling - serve with low protein rolls.