

Ingredients (serves 4):

6 medium carrots
1 stick celery
1 large onion
2 large oranges
1 pint vegetable stock
Ground coriander
Fresh coriander

PREP

Peel and slice the carrots and onion
Roughly chop the celery stick
Finely chop the coriander
Zest and juice the orange

COOK

Heat a little oil in a saucepan then add the onions and celery and cook gently for 10 minutes until soft.

Add the carrots, 1 teaspoon ground coriander, stock and juice and zest of oranges, bring to the boil then reduce heat and simmer for 20-25 minutes or until carrots are softened.

Allow the soup to cool a little then puree in a blender. Finish with a garnish of fresh coriander. (If it's too thick add a little water).

TRY

Swapping the oranges for a tin of chopped tomatoes for a delicious carrot and tomato soup.