

# Delicious Carrot and Orange Soup

## Ingredients

2 tbsp oil  
1 medium onion, peeled and chopped  
900g carrots, scrubbed and chopped  
1l light vegetable stock  
15-30g fresh coriander, finely chopped

Rind and juice of 1 large orange  
Salt and freshly ground black pepper

**For the garnish:**  
extra coriander leaves  
orange slices

## Method

1. Heat the oil in a pan, add the onions, then cover the pan and sweat them for 2 - 3 minutes.
2. Peel and chop the carrots finely and add these to the pan. Cover again and sweat the vegetables for a further 10 minutes.
3. Next add the stock, coriander and the rind and juice of an orange. Bring to the boil and simmer for 40 minutes.
4. Let the soup cool, and then liquidise it thoroughly, making sure it is completely smooth. Season it well with salt and freshly ground black pepper, then return the soup to a clean pan and re-heat it gently.
5. You can serve this soup garnished with extra coriander or thin slices of orange.
6. Enjoy!