

# Lunch

## RECIPE CARD

### Carrot & Coriander Soup

RECIPE NAME

Lunch

MEAL TIME

15 minutes

PREP TIME

20 minutes

TIME TO COOK

Search for "Microwaving Butternut Squash" on the internet for some tips how to easily prepare Butternut Squash

NOTES

Approx 150kcal  
per serving

CALORIES

## INGREDIENTS

- ★ 1 large Onion, chopped
- ★ 80g peeled Butternut Squash, chopped
- ★ 750g Carrots, peeled and chopped
- ★ 1-litre boiling Vegetable Stock
- ★ 1 tsp Ground Coriander
- ★ 60g canned Cannellini Beans, drained
- ★ 10g fresh Coriander, finely chopped
- ★ 3 tbsp Plain Quark

## METHOD



Put the onion into a large pan with the butternut squash, carrots, stock and coriander.



Bring to the boil over a high heat, turn the heat to low and simmer for 20 minutes or until the vegetables are very soft.



Add the beans to the soup and simmer for 2 minutes. Take off the heat, cool slightly, then pour into a food processor or liquidiser and whizz until smooth.



Stir in the coriander and quark, season to taste and serve.