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CARROT, CORIANDER AND RED LENTIL SOUP.

Serves 4

Ingredients

1kg carrots
4 oz red lentils
1 onion, chopped
1 litre filtered water
1 vegetable stock cube
Good handful of fresh coriander

1. Put all of the ingredients, except coriander, into a pan and simmer for 45 minutes.
2. Add coriander and cook for couple of minutes.
3. Blend until smooth

* Wheat and gluten free – if you use a wheat and gluten free stock cube, dairy free.

* Vegetarian..