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CARROT AND ALMOND SOUP

Serves 4

Ingredients

2 onions, peeled and chopped
2 garlic cloves, peeled and chopped
6 carrots, trimmed, peeled and sliced
2 celery stalks, trimmed and chopped
1250 ml boiling water
1 tbsp wheat-free vegetable bouillon powder
2-3 tbsp chopped fresh coriander, stalks reserved
2-3 tbsp chopped fresh parsley, stalks reserved
100g ground almonds

1. Place the onions, garlic, carrots and celery in a large saucepan. Add 1.25 litres boiling water and the bouillon powder. Bring to the boil and add the herb stalks.
2. Lower the heat and simmer for 30 minutes until vegetables are tender when pierced with a knife.
3. Remove from the heat and allow to cool slightly. Strain, reserving the stock. Remove the herb stalks, and then blend the vegetables in a food processor or with a hand-held blender until smooth.
4. Return the mixture to the pan and add the ground almonds and enough of the reserved stock to make a soup like consistency.
5. Reheat and then divide between warmed soup bowls and serve garnished with chopped fresh coriander and parsley.

* Wheat free, Gluten free, Dairy free

* Vegetarian