



Carrot and coriander soup

Low fat, high in vitamin C. What's not to like about this recipe ?

Ingredients

- 1 large Carrot Diced
- 1/2 Onion diced
- 1/2 teaspoon Ground coriander
- 1/2 Potato diced
- a small handful Fresh coriander
- 200ml Vegetable stock
- a small knob butter
- salt and pepper

Instructions

1. Add the carrots, onions, potato, knob of butter and ground coriander to the cup
2. If you prefer, you could sauté the onions first but this is optional
3. Pour in the vegetable stock up to the MAX line which is indicated inside the cup. Take care not to overfill.
4. Add Salt and Pepper. For a much fresher taste we recommend you add the fresh leaf coriander at the end of the cooking cycle
5. Connect the power cable. The lights will flash and the machine will beep.

6. Fit the lid correctly aligning the shape of the lid to the shape of the body. when the lid is fitted correctly the lights will stop flashing and the machine will stop beeping.
7. The soup maker will automatically flash the 'smooth' mode. This recipe works well as a smooth soup
8. Gently touch the start button once. the smooth light will remain solid and the program will begin.
9. The program is 19 minutes long. It is designed to cook your ingredients first and then blending cycles will begin
10. Half way through cooking the Justme soup maker will start the first initial blend, and then it will continue to cook. It will repeat several times until the program has completed
11. When the program has completed you will hear three beeps. Rotate the lid to reveal an overhanging lip. Use this overhang to lift the lid. CAUTION THERE MAY BE STEAM AROUND THE LID. CONTENTS WILL BE HOT
12. Tear off a handful of fresh coriander. Place inside the machine.
13. Replace the lid correctly. Using the function button, with each touch of the button the light will flash on each mode of the machine. When the 'Blend' mode is illuminated, press the start button once again
14. The blend function will provide a short burst of blending. It will last around 9 seconds
15. Carefully remove the lid and check your ingredients. If you are happy with consistency pour out your soup . If you wish to blend the coriander a little more, replace the lid and repeat the 'Blend' process.
16. Pour out your delicious soup - top with some more fresh coriander.
17. If you would like your soup to be a little creamier, stir in some cream, crème fraiche or greek yogurt.