



## Carrot, Coriander & Turmeric Soup

Serves 4

2 tbsp olive oil (or coconut oil)  
1 onion, roughly chopped  
3 cloves of garlic, roughly chopped  
1 red or green chilli, seeds removed, roughly chopped (to taste)  
1 small potato, diced  
6 carrots, roughly chopped  
1 leek, chopped  
1 root of fresh turmeric, peeled and roughly chopped, or 2 tsp ground turmeric  
½ tsp ground cumin  
1 ltr chicken or vegetable stock  
Sea salt and freshly ground pepper  
2 tbsp soured cream  
Fresh coriander

### Method

Heat a large pan and add the oil, onion, garlic, chilli and potato, sauté on a medium heat for 2-3 minutes, without browning.

Add the carrots and leek and mix well together. Season with ½ tsp sea salt and fresh black pepper. Then add the turmeric and cumin.

Pour over the stock, bring to the boil then reduce the heat and simmer for 10 minutes. Turn the heat off and using a hand-held blender, carefully blend until smooth. Stir through the soured cream and sprinkle fresh coriander over the top.

