



Ingredients

1 medium onion, chopped
2 medium carrots, washed and sliced
2 cloves garlic, crushed
1 tsp coriander seeds, ground
1 L vegetable stock
3 tbsp fresh coriander leaves, chopped
1/2 tbsp lime juice
1 tsp black pepper powder
Salt to taste
1 tsp oil or butter
Fresh cream for garnishing (optional)

Nutrients

Approx. calories per serving: 56 kcal

Procedure

Preheat a 20cm Regular unit or any suitable unit on a medium heat until the Thermo Indicator reaches the 20 degree mark. Lower the heat and add a teaspoon of butter/oil followed by the onions, carrots and garlic. Sauté for 2 minutes. Close the lid and cook on low heat until the Thermo Indicator reaches the 80 degree mark.

Stir the ground coriander seeds along with vegetable stock or plain water and bring it to boil, cover and simmer for 20 minutes or until the carrots are tender. Stir in the fresh coriander leaves. Turn off the heat and allow it to cool.

Puree the cooked vegetables in a food processor or blender and transfer back to the unit. Add lime juice, salt and pepper and adjust the seasoning as necessary.

Garnish with a swirl of cream. Serve hot with bread sticks.