

Carrot & Orange Soup

Serves about 4



1 med. onion

500grms carrots

30grms butter

750 mls chicken stock

Salt & pepper

Rind & juice of 1 orange

Chopped coriander & a dollop of yogurt if desired on top for serving

Slice & slowly cook onions until transparent

Add chopped carrots, cover & cook for 5 minutes

Add stock & cook until carrots are tender

Blitz in a blender

Add rind & juice of orange

This soup can be served cold or heated – good either way.