

# Carrot, Coriander & Sweet Potato Soup

**Serves 10**

**Per serving**

**30 kcals**

**0.5g fat**

## **Ingredients :**

1 large sweet potato  
2 medium leeks  
3 medium carrots  
1 knorr chicken stock cube  
1/2 large tin of chopped tomatoes  
Ground Coriander ( 2 tsp)  
Water (1 -1 1/2 pints ) approx  
Salt & Pepper to taste

## **Cooking instructions :**

1. Chop all veg and sweat the leeks and the carrots in a large pan. Add the coriander and stir.
2. Add the seasoning and the chopped tomatoes.
3. Dissolve the knorr cube in the water and fill to cover veg by 1 - 2 inches. Simmer until very soft.
4. Leave to cool and then blend until smooth or serve chunky.