

# CITY LIFESTYLES



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Recipe name: Cancelo's Carrot and Coriander Soup

Serves: 4 people

Preparation time: 10 mins

Cooking time: 30 mins

Starting line-up (*ingredients*):

500g carrots, 1 potato, 1 onion, 12g coriander, 1 litre vegetable stock, olive oil



Warm-up (*preparation*):

Chop onions, carrots, coriander and potato into small pieces



Game plan (*method to make*):

1. Heat oil in pan and add the onions, potatoes and carrots – cook until onions brown and potato and carrots become a little soft
2. Follow instructions on vegetable stock to create 1 litre of stock
3. Add stock, bring pan to the boil and let simmer
4. Add coriander and cook for two minutes
5. Blend until smooth and serve

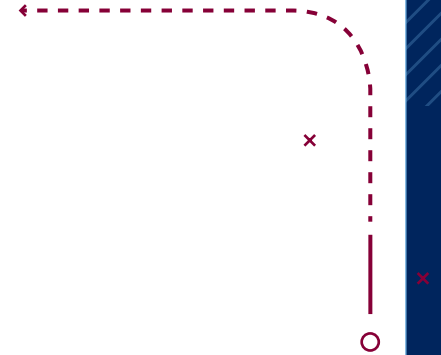


## Substitutes

Replace olive oil for calorie control spray – save over 100 kcal per tbsp of oil

Add more vegetables e.g. lentils/beans - protein source

Herbs & spices for extra flavour



## Nutritional benefits:

Carrots and potato – good source of fibre

Vegetable stock - contains lower sodium

Coriander - contains twice as much vitamin C as an orange

Each serving provides 105 kcal per person, 9g protein, 80g carbohydrates, 7g fat



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