

CARROT SOUP WITH FRESH CORIANDER

MAKES 2 SERVINGS

- 1 tablespoon (15ml) extra virgin olive oil
- 1 small onion, finely sliced
- 1 garlic clove, crushed
- 4 carrots, sliced
- 500ml (16 fl. oz.) vegetable stock
- 1 bay leaf
- A little low-sodium salt and freshly ground black pepper
- A handful of fresh coriander, roughly chopped

Heat the olive oil in a heavy-based saucepan over a moderate heat. Add the onion and sauté gently for about 5 minutes until it is translucent.

Add the garlic and cook for a further 1 to 2 minutes. Add the carrots, stock and bay leaf to the pan, stir, then bring to the boil. Simmer for 15 minutes or until the vegetables are tender.

Allow the soup to cool slightly for a couple of minutes. Remove and discard the bay leaf. Liquidise the soup using a hand blender or conventional blender. Season to taste with low-sodium salt and pepper, then stir in the fresh coriander.

day 2*Breakfast*

1 slice of toast – rye bread or other non-wheat bread with olive oil spread and honey

One portion (125g/4oz.) fresh fruit (e.g. 1 orange, 2 satsumas, half a grapefruit)

Lunch

Carrot soup with fresh coriander

*1 slice of rye (or other non-wheat) bread with a little olive oil spread
1 portion (125g/4oz.) fresh fruit (e.g. 2 plums, 1 apple)*

Evening Meal

*Roasted winter vegetables with toasted pumpkin seeds
3 tablespoons (45ml) cooked quinoa,
cooked according to packet instructions*

Snacks

*2 rice cakes topped with 2 teaspoons (10ml) peanut butter
125g (4oz.) fresh fruit*