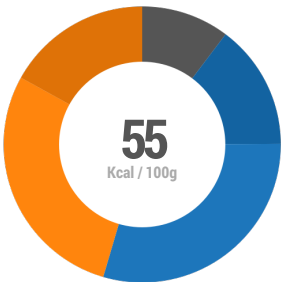


# Carrot & Coriander Soup

Classic carrot & coriander soup with toasted sourdough croutons and pumpkin seeds




CALORIES:


44.3% Carbs

10.3% Protein


45.5% Fat


CONTAINS:

WHEAT


MILK

MAY CONTAIN:

OATS, BARLEY,  
RYE


SOYA


OTHER PROPERTIES:


VEGETARIAN


Recipe Ingredients ...	Quantity:	Description:
132656 New Covent Garden Soup Co. Carrot & Coriander 560g.. - BRAKES	280g	0.5x Each
10844 Brakes Pumpkin Seeds.. - BRAKES	2g	
113885 Herb Bunched Coriander.. - BRAKES	2g	
129803 Flora Professional Plant.. - BRAKES	10g	
55224 - 55224 La Boulangerie Part Baked Uncut White Bloomer Loaves (24 May 2023).. - BRAKES	15g	0.02x Each


1 Serving



Product code

Barcode

309g / 174kcal

# 1

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**Preparation:**

Pick the coriander

Defrost the bread and cut into small croutons

**Method:**

1. In an oven on a tray toast the croutons and pumpkin seeds for approx. 1 min
2. In a pan over a medium heat bring the soup to the boil
3. Pour into your chosen serving bowl
4. Garnish with the cream, picked coriander, toasted pumpkin seeds and croutons - serve