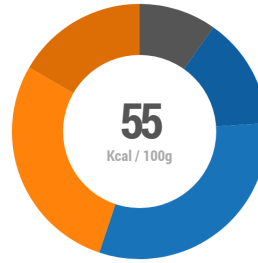


# Carrot & Coriander Soup

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

OVERVIEW ...

801751



CALORIES:

45.3% Carbs

9.8% Protein

44.9% Fat

FOOD LABELLING...

Serves **1**

#### CONTAINS:



WHEAT, RYE



MILK

#### MAY CONTAIN:



OATS, BARLEY



HAZELNUTS,  
PECANS,  
ALMONDS,  
CASHEWS,  
WALNUTS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS



EGGS



MUSTARD



SESAME



SOYA

#### OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

132656 New Covent Garden Soup Co. Carrot & Coriander 560g.. - BRAK...

CARROT & CORIANDER 560G

BRAKES

280g

0.5x Each

N/A

10844 Brakes Pumpkin Seeds.. - BRAKES

PUMPKIN SEEDS BRAKES

BRAKES

2g

N/A

113885 Herb Bunched Coriander..

HERB BUNCHED CORIANDER FRESH DIRECT

BRAKES

2g

N/A

129803 Flora Professional Plant.. - BRAKES

PROFESSIONAL PLANT

BRAKES

10g

unchanged

150519 The Bread Factory & Wildfarmed White Sourdough Bloomer.. - ...

150519

WHITE SOURDOUGH BLOOMER

BRAKES

15g

0.02 x Each

unchanged

## 1 Serving



🕒 309g / 174kcal

# 1.0

## COOKING INSTRUCTIONS & NOTES

### METHOD

#### 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