



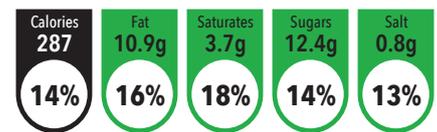
SPICED CARROT SOUP WITH DUMPLINGS

 **Prep: 15 minutes**

 **Cook: 25 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 1 tbsp oil
- 1 onion, chopped
- 500g carrots, sliced
- 300g King Edward potatoes, diced
- 1 tsp ground coriander
- Seeds from 6 cardamom pods, crushed
- 2 very low salt vegetable stock cubes (for 1 litre)
- $\frac{3}{4}$ tsp **LoSalt**
- 28g pack fresh coriander, chopped
- 50g wholemeal self-raising flour
- 25g vegetable suet

METHOD:

1. Heat the oil in a large saucepan and fry the onion, carrot and potato for 4-5 minutes. Add the ground coriander and cardamom.
2. Dissolve the stock cube in 1 litre boiling water and add to the pan. Bring to the boil, cover and simmer for 15 minutes until tender and blitz with a stick blender until smooth. Stir in half the **LoSalt** and the fresh coriander, reserving some for garnish.
3. Meanwhile, mix the flour, suet and remaining **LoSalt** together in a bowl, add 2-3 tbsp water and mix to form a dough. Roll into 8 small balls.
4. Gently place the dumplings on the surface of the soup, cover and simmer for 5-6 minutes until dumplings are cooked through. Sprinkle with reserved coriander.