

SPICED CARROT SOUP WITH DUMPLINGS

Prep: 15 minutes

Cook: 25 minutes

Serves 4

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

Heat the oil in a large saucepan and fry the onion, carrot and potato for 4-5 minutes. Add the ground coriander and cardamom.

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.

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.

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.



Nutrient	Per 100g	Per Serving	%RI	Traffic Lights
Energy (kcal)	69	287	14	N/A
Protein (g)	1.2	4.9	10	N/A
Fat (g)	2.6	10.9	16	Low
Sat Fat (g)	0.9	3.7	18	Low
Carbs (g)	9.2	38.2	15	N/A
Sugar (g)	3	12.4	14	Low
Fibre (g)	2	8.3	28	N/A
Salt (g)	0.2	0.8	13	Low

