

Carrot and Coriander soup

Ingredients

5 Medium Carrots (diced small)
1 Small Onion (diced small)
1 Tomato
Large Pinch Dried Coriander
Salt and Pepper
Drizzle Olive Oil



Instructions

1. In your pressure cooker bottom (without the lid) gently fry your onions in some olive oil until golden brown. Turn the heat off and add your carrots, stir well.
2. Take your tomato and put 3-4 slits down each side, you do not want to chop it up but do them a little deep.
3. Place this on top of your carrots. Add enough water so that you can just see the water trying to come through the carrots.
4. Place the lid of your pressure cooker on, make sure it is secure and safe. Turn the heat back on and bring to the full pressure, now turn the heat down to the lowest you can and let it cook for 7 minutes.
5. Turn off the heat gently place your cooker under your cold tap, when pressure is released open your lid off.
6. Your carrots, onion and tomato should be soft now. With a spoon you can take the tomato skin out of the pan and discard it.
7. Using a blender pulp it all into a soup. Place it into a different pan, add salt and pepper to taste with a large pinch of dried coriander. Simmer for a minute or two then serve.