

Recipes for Healthy Eyes

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CARROT & CORIANDER SOUP

serves 4

INGREDIENTS

| | |
|-----------------|---------------------------|
| Carrots | 400g, grated |
| Potato | 1 (medium – 80g), chopped |
| Onion | 1, chopped |
| Fresh coriander | ½ cup, chopped |
| Canola/corn oil | ½ tablespoon |
| Water | 6 cups |
| Salt | To taste |
| Pepper | To taste |

METHOD OF PREPARATION

1. Heat the oil in a pan, add the onion, and then fry until softened. Add in the potato and cook for 1 minute.
2. Add the carrot and water, bring to boil then reduce the heat. Cover and cook for 20 minutes until the carrot is cooked. Remove and cool.
3. Tip into food processor with the coriander. Blend until smooth.
4. Heat the soup in a pan.
5. Add the seasoning.
6. Serve hot.



NUTRITION INFORMATION per serving

| | |
|------------------------|-------------|
| Energy | 90 kcal |
| Protein | 2g |
| Carbohydrate | 16g |
| Total Fat | 2g |
| Saturated Fat | 0.2g |
| Cholesterol | 0 |
| Dietary fibre | 3.7g |
| Sodium | 229mg |
| Carbohydrate exchange: | ~1 exchange |

