

Lemon Coriander Soup

Recipe Makes: 2 servings

Nutritional Value (per serving)

Calories: 32 kcal **Protein:** 0.4 g **Carbohydrate:** 2.8 g **Fat:** 2.3 g

Ingredients

- 1 teaspoon Oil
- 1 clove Garlic, finely chopped
- ¼ inch Ginger, finely chopped
- ¼ cup Spring Onion (Bulb & Greens), finely chopped
- ¼ cup Coriander (Dhania) Leaves, finely chopped
- ¼ cup Carrots (Gajjar), finely chopped
- 1 cups Water
- Salt, to taste
- ¼ teaspoon Black pepper powder
- ½ teaspoon Corn flour
- 1 teaspoon Lemon juice, freshly squeezed



Instructions

1. To begin making the recipe, in a saucepan, heat oil on medium flame, add ginger and garlic and sauté for a couple of minutes, once fried add in the onions.
2. Cook the onions until they turn transparent. This will take about 2-3 minutes.
3. Next add the finely chopped carrots, coriander leaves and mix.
4. In a small mixing bowl, combine the corn flour along with water until there are no lumps.
5. At this stage add water, cornflour mixture and bring the soup to a rolling boil. While the soup is coming to a boil, add in the salt and pepper.
6. Finally, once the Lemon Coriander Soup has come to a boil, turn off the flame and add in the lemon juice.
7. Mix well and serve.