

## POLLYS CARROT & CUMIN SOUP



This recipe was kindly passed on to us by one of our loyal customers, so here for you all to share now – thank you Polly!

1/2 tsp cumin seeds (preferably toasted)  
4 big carrots  
knob butter  
80g rice  
250ml milk  
1 litre chicken or veg stock

Put the carrots and butter in a big pan to gently fry and soften for 15 mins. Meanwhile cook, then drain the rice.

Add the milk and stock to the carrots bring to the boil until tender.

Roughly liquidise the soup then add the cooked rice and cumin seeds, season and serve with paprika and mint if you have any.

If you want to make it even more special you can whisk in a couple of egg yolks right at the end.