SHOPPING LIST

Carrot, Ginger and Coconut Soup

Serves 4 to 6

- [ ] 800 g carrots, peeled and chopped
- [ ] 3 tbsp olive oil
- [ ] 1 onion, chopped
- [ ] 3 cloves garlic, chopped
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 tsp ground coriander
- [ ] 750 ml vegetable stock
- [ ] 1 tin (400 ml) coconut milk
- [ ] Juice of 1 lime
- [ ] Salt and black pepper
- [ ] Coriander leaves and chilli flakes, to serve

Tick off what you already have at home.