LIGHT & SWEET

Carrot, Ginger and Coconut Soup

PREP	COOK	SERVES
15 min	45 min	4 to 6

Vegan Vegetarian

A bright orange, velvety soup of roasted carrots, fresh ginger and coconut milk with a squeeze of lime.

Ingredients

- 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

Method

1. Heat the oven to 200 C. Toss the carrots with 2 tablespoons of oil, salt and pepper and roast for 25 minutes until soft and lightly browned.
2. Soften the onion in the remaining oil for 5 minutes. Add the garlic, ginger and coriander and cook for a minute.
3. Add the roasted carrots and stock and simmer for 10 minutes.
4. Blend until smooth, stir in most of the coconut milk and the lime juice, and season to taste.
5. Serve with a swirl of the remaining coconut milk, coriander and chilli flakes.

Cook's tip

Use a lot of ginger if you like a sharper soup. It keeps the sweetness of the carrots in check.