

# Carrot & Coconut Soup



## Ingredients

5 Lrg Carrots (peeled & sliced)  
1 Large White Onion (sliced)  
200ml Light Coconut Milk  
500ml Veg Stock (1 cube)  
1 Tsp Ginger Paste/Puree  
1 Tsp Garlic Paste/Puree  
1 Tsp Turmeric  
1 Tsp Mild Curry Powder  
Salt & pepper  
Coconut Oil Spray  
1 Small Wholemeal Roll

Serve with a drizzle of coconut milk and a sprinkle of chilli flakes.

## Method

Prep all the veg and stock.

Heat a saucepan and then add in a 5 sprays of coconut oil.

Add in the sliced white onion and leave to cook for a few minutes.

Add in the garlic and ginger paste, stir, and cook for two minutes.

Add in the turmeric and curry powder, stir, and cook for one minute.

Add in the sliced carrots, coconut milk and stock.

Bring to the boil then reduce to a simmer for 20 minutes or until the carrots are softened.

Blend using a stick blender or food processor, you can add more water if it's too thick.

Divide into 4 portions, keep refrigerated or frozen. Serve with a small wholemeal roll.