



Carrot Coriander & Coconut Soup

I love carrot and coriander soup, well who doesn't? However, with the addition of a few simple ingredients you can transform it into something extra special - with fresh warming Thai flavours and sweetness of coconut. If you don't like it too spicy just leave out the chillies. It freezes well, so why not make a big batch and save some for a rainy day.

Ingredients

- 500g carrots
- 1 medium/large onion
- 700ml chicken or vegetable stock (I use 3 stock cubes)
- 2 chillies, seeds removed and chopped
- 1 Tbsp chopped fresh ginger
- 2 Tsp Thai Green Curry Paste
- 2 cloves garlic peeled and chopped
- 1 x 400gm tin coconut milk
- 1/2 bunch coriander chopped
- Knob of butter, or coconut oil
- Salt to taste

Method

1. Chop and sauté the carrots, onion, garlic, ginger and chilli for about 10 minutes in the butter until the onions have softened.
2. Add the stock and simmer until carrots are soft.
3. Add the coconut milk, coriander and Thai paste.
4. Liquidize with a hand blender to how you like it.
5. Add salt to taste.
6. Simmer for another 10 minutes.
7. Enjoy with some crusty bread.