

TASTE WITHOUT WASTE

Carrot, Coconut and Coriander Soup

Serves 4-6

Ingredients

1 tbsp butter
1 large onion, finely chopped
650g carrots, topped and tailed and cut into 2.5cm chunks
250g sweet potato, peeled and cut into 2.5cm chunks
½ tsp ground cumin
¼ tsp ground ginger
1 bunch fresh coriander, leaves and stems roughly chopped
600ml vegetable stock
200ml coconut milk (I used light)
Juice of a large orange (about 100ml)
Juice of half a lime, plus extra lime segments to serve
Sea salt
Freshly ground black pepper

Method

Set a large saucepan over medium heat. Add the butter, when melted add the onion and cook for 8 minutes or until soft and golden, stirring every so often.

Add the carrots, sweet potato, cumin and ginger. Stir well, cover and leave to sweat for 10 minutes, stirring once in a while.

Add the chopped coriander, vegetable stock, coconut milk, orange juice and juice of half a lime. Stir well, cover and bring to the boil. Once boiling, reduce the heat and simmer for 25-30 minutes or until the vegetables are soft.

Leave to cool slightly and then blend (in batches if your blender, like mine won't hold the whole mixture) until smooth. Add a little extra water if necessary. Reheat over a gentle heat and season with salt and pepper to taste. Serve with lime wedges and fresh bread/toast – Turkish bread is especially nice!

Will keep in an airtight container in the refrigerator for 2 to 3 days.

Source: A Taste Without Waste Original

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