

Carrot, Ginger, Chilli and Coconut Soup

A smooth and warming soup which can be made vegan or vegetarian. Serves 6.

Ingredients

- 100g butter (can replace with olive oil to keep soup vegan)
- 1kg carrots
- 1 white onion
- 1 potatoes
- 25g ginger
- ½ a chilli
- 1 tin coconut cream
- 1 litre vegetable stock (hot) made with stock powder or cubes
- 1 tsp chilli flakes (add only as much as you like)
- Salt and pepper



Method

- Put the butter in a large saucepan and gently melt it (can turn off when melted) – if a vegan soup use olive oil instead (you won't need as much, just enough to sauté the vegetables).
- Meanwhile peel and dice the onion, carrots, potato
- Peel and grate the ginger, de-seed and slice the chillies – add all to the melted butter and gently sauté for at least 10 minutes (not wanting colour, just a slow cook until the veg is translucent, so keep the heat low-ish and stir regularly).
- Next, add the coconut cream, stock, salt and pepper, and stir.
- Bring up to the boil, then turn down to a simmer and cook until the vegetables are soft - approx. 30 minutes.
- When the veg is soft, blend with a stick blender OR puree in batches in a liquidiser.
- Finally, check the seasoning and adjust to taste with salt and pepper – you can add chilli flakes if it needs heat.
- Serve drizzled with a little olive oil.