



CARROT GINGER AND COCONUT **SOUP.**

1 kg Carrots, roughly chopped

1 leek, washed and chopped

1 onion chopped

6 small potatoes, peeled and chopped

2 cloves garlic

25g ginger, peeled and chopped

25g butter

2 litres vegetable stock

1 tin coconut milk

1 bunch coriander

Salt and freshly ground pepper

1. Chop all the vegetables, heat butter in heavy based saucepan and sweat vegetables for 15 mins.
2. Add the stock and simmer over low heat until soft.
3. Add coconut milk and coriander and salt and pepper and cook till vegetables are soft. Blend until smooth.
4. Check consistency and season well.