

Carrot, chilli & ginger soup



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4–6

2 tbs peanut oil
1 onion, finely chopped
4 cm piece ginger, peeled and chopped
2 garlic cloves, finely chopped
2 small red chillies, deseeded and chopped
1kg carrots, peeled and chopped
6 cups chicken stock
270 ml can light coconut milk
1 cup coriander leaves, chopped
Salt and ground black pepper

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3 minutes. Stir in ginger, garlic and chillies and cook for 1 minute. Add carrots and cook, stirring often, for 5 minutes.
2. Add stock, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes. Stir in coconut cream.
3. Using a hand blender or food processor, puree the soup until smooth. Stir in coriander and season with salt and pepper to taste. Ladle into serving bowls and serve.



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infectious vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.