

Carrot, chilli & ginger soup



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Preparation 20 mins | Cooking 50 mins | Serves 4-6

- 2 tbs peanut oil
- 1 brown onion, finely chopped
- 4cm piece ginger, peeled and chopped
- 2 garlic cloves, finely chopped
- 2 small red bird's eye chillies, deseeded and chopped
- 1kg carrots, peeled and chopped
- 6 cups chicken stock
- 270ml can light coconut milk
- 1 cup coriander leaves, chopped
- Extra coriander leaves and sliced red chilli, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Stir in ginger, garlic and chillies and cook, stirring, for 1 minute. Add carrots and cook, stirring often, for 5 minutes.

STEP 2 Add stock, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes or until carrots are tender. Stir in coconut milk.

STEP 3 Using a stick blender, puree the soup until smooth. Stir in coriander and season with salt and pepper to taste. Ladle into serving bowls, top with coriander leaves and chilli and serve.

Good for you... **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 normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.

