



# Carrot & Ginger Soup

## Serves 6

1 tbsp. olive oil  
1 onion, chopped  
2 cloves garlic, minced  
2 tbsp. ginger, grated  
23 oz. (650g) carrots, peeled, chopped  
4 cups (960ml) vegetable stock  
1 tsp. salt  
½ tsp. white pepper  
1 tsp. thyme leaves, dried  
14 oz. (400ml) can coconut milk, full fat  
½ lime, juice

## What you need to do

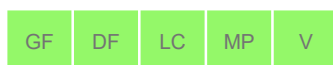
Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	187	13	18	2

\*Nutrition per serve

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