



# RECIPE



## Carrot & Coconut Soup

Submitted by Lynn W.

### Ingredients

- 2 tbsp sunflower oil
- 1 teasp cumin seed
- 1 teasp coriander seed
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 250 g carrots, finely chopped
- 250g parsnips, finely chopped
- 900ml vegetable stock
- 150 ml coconut milk
- 1 tbsp tamarind paste

### Directions

1. Dry roast the spices and grind with pestle and mortar. Set aside.
2. Heat oil in a large pan, and fry the onion and garlic until soft, followed by the spices.

1. Add the carrot and parsnip and cook gently for 10 minutes.
  2. Add the stock and leave to cook for 50 min-1hour, then leave to cool slightly.
  3. Transfer to a blender, and add the tamarind paste and coconut milk, then blend 'til smooth.
  4. Put soup back in pan, reheat and season to taste-Voila!
- Serves 4.

