



GINGER LIME CARROT SOUP

Extremely easy to prepare, this comforting carrot coconut soup with fresh lime juice and ginger should delight even the pickiest eaters. It's a definite winner during the winter months.

 10 minutes

 30 minutes

INGREDIENTS

- 1kg of carrots, sliced
- 4 cups of water,
- 1 tbsp curry powder (6 g)
- 1 tbsps of dry, chili,
- 1 tbsp of spices, ginger, ground (5 g)
- 1 can (400 grams) of , coconut milk, unsweetened
- Juice of 1-2 limes to taste

COOKING METHOD

- 1° Cook the carrots in 4 cups of water until fork tender.
- 2° Mix until smooth, using a hand mixer or food processor. Add the curry, chili, and mix again.
- 3° Pour the coconut milk and let simmer for a couple of more minutes.
- 4° Add lime juice and freshly grated ginger. Season with salt and pepper. It's ready!

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	215 kJ	3 %
FAT	4 g	5 %
FATTY ACIDS, TOTAL SATURATED	3 g	15 %
CHOLESTEROL	0 mg	0 %
SODIUM	48 mg	2 %
CARBOHYDRATE	5 g	2 %
SUGARS	2 g	—
FIBER	1 g	5 %
PROTEIN	1 g	—