



RECIPE PACKS



PREP TIME: 5 Mins
COOK TIME: 45 Mins
SERVES: 8

Two step Coconut & Ginger Carrot Soup

Ingredients:

- 4 medium carrots, roughly chopped
- 1 brown onion, finely diced
- 1 tsp Keens curry powder (less if you don't like the heat)
- Pinch of chilli powder (optional)
- 1 1/2 tsp fresh ginger, minced
- 6 cups chicken stock
- 1 cup of cauliflower florets, chopped
- 3/4 tsp coconut essence
- 1/4 cup fresh coriander or parsley, to serve (optional)
- Cracked black pepper, to serve

Method:

1. Simmer all ingredients for approximately 45 mins in a covered pot until carrots are nice and soft.
2. Blend until smooth & creamy and serve with black pepper & some coriander or parsley if so desired.

Notes

Add a little water if it is too thick for your liking.

Up or reduce the chilli depending on how hot you like it, adjust as you go.

Great for freezing.

The yield is 8 cups.

Enjoy!



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Carrot Soup*