

Spicy carrot soup with kaffir lime leaves and coconut

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This light and fresh vegetable soup combines the sweetness of carrots and the mouth-watering fragrances of lemongrass, coconut and kaffir lime. Yum!

Ingredients (serves 6)

- 2 [lemongrass stalks](#), halved lengthways and chopped into 5-cm pieces
- 6 kaffir lime leaves
- 2 tbsp extra-virgin [coconut oil](#)
- 2 onions, diced
- 6 garlic cloves, chopped
- 2 tbsp fresh ginger, peeled and finely chopped
- 1 serrano chilli, deseeded and finely chopped
- 1½ tsp sea salt, plus more to taste
- 2 tsp curry powder
- 1 tsp ground [turmeric](#)
- 3 tbsp finely chopped coriander stems, leaves reserved for garnish
- 10 medium-large carrots cut into 2 cm dice
- 1.4 litres filtered water
- 1 x 400-ml can unsweetened full-fat [coconut milk](#), stirred and divided
- 1/8 to ¾ tsp cayenne pepper, optional

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To serve:

- Coriander leaves
- Sliced red chillies

Method

Wrap lemongrass and kaffir lime leaves in a piece of muslin and tie it tightly; set aside.

Warm coconut oil in a large pan over medium heat. Add onions and sauté for 5 minutes or until golden. Add garlic, ginger, serrano chilli and salt; cook for 2 to 3 minutes more, lowering heat if mixture begins to stick. Stir in curry powder, turmeric and coriander stems. Add carrots, water, 300 ml of the coconut milk and lemongrass-lime leaf bundle. Raise heat to high and bring to the boil. Cover pan, reduce heat to low and simmer for 20 minutes or until carrots are tender. Remove from heat and remove the lemongrass-lime leaf bundle.

Blend soup in batches on highest speed for 1 to 2 minutes until completely smooth and velvety; return to pan and season to taste. Stir in the cayenne pepper if using. Garnish with a drizzle of the remaining coconut milk, coriander leaves and sliced chillies.

Recipe and images *At Home in the Whole Food Kitchen* by [Amy Chaplin](#)

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