Gill's Gourmet Gallery

Spicy carrot soup

Ingredients
1 tbsp vegetable oil
1 onion, diced
1 garlic clove, chopped
1 inch of fresh root ginger grated
1 red chilli, deseeded and chopped
1 tsp mild curry powder
1kg carrots, peeled and diced
2 teaspoons of lemon grass paste
2 strips of orange zest
400g can Thai coconut milk
700ml vegetable stock

Method
Heat the oil in a large pan with a lid.
Add the onion, garlic, ginger and chilli, cook slowly for 3-5 minutes until soft.
Stir in the curry powder, followed by the carrots, lemongrass paste and orange zest. Stir and cook over a low heat for 10 minutes.
Add the coconut milk with the vegetable stock a little at a time, stirring and bring to the boil.
Turn down the heat, place the lid on the pan and simmer for 15 minutes until the carrots are really soft.
Remove the orange zest and use a stick blender or food processor to blend until smooth.
Serve with a swirl of cream and grated orange zest.