

Coconut carrot cream soup

50–60 Min

Preparation

1. Peel and chop the carrots and parsnip. Slice the leek and chop the celery.
2. Heat the oil in a pot and sauté the leek for 2 minutes. Add the remaining vegetables and cook for another 10 minutes.
3. Add the soup herb blend and Curry Madras and cook briefly. Pour in about 1 liter of water, season with salt and simmer for 30 minutes until the vegetables are soft.
4. Blend the soup until smooth. Add coconut milk and cook for another 2 minutes. Adjust seasoning if needed and serve.

Ingredients 5 Portions

= Kotányi Produkte

1	Leek
2	Celery stalks
1	Parsnip
4	Carrots
2 tbsp	Vegetable oil
2 tbsp	Soup herbs
1 tsp	Curry Madras
180 ml	Coconut milk
	Salt, to taste