

# LOVE THY CARROT

*real food made with love*

...

## COCONUT CURRIED CAULIFLOWER, CARROT AND PARSNIP SOUP

---

This recipe serves 4 TO 6

### INGREDIENTS

1 large head of cauliflower, chopped  
olive oil  
1 tsp sea salt  
1 leek, chopped  
4 large carrots, chopped  
2 large parsnip, chopped  
2 tablespoons ginger, chopped  
3 garlic cloves, crushed with your knife  
1 tsp ground turmeric (or a 1/2-inch piece turmeric root, chopped)  
2 tbs Thai curry paste  
8 cups of water or vegetable broth  
1 - 15 ounce can coconut milk  
salt, to taste  
chopped nuts, hemp hearts and a squeeze of fresh lime juice to garnish

### DIRECTIONS

1. Preheat the oven to 400 degrees. Line two baking sheets with parchment paper or foil.
2. Put the chopped cauliflower on one of the baking sheets, drizzle with 1 tablespoon of olive oil and sprinkle with salt. Roast the cauliflower for 30 to 40 minutes, or until it is soft and caramelized. On the second baking sheet put the chopped carrots and parsnip, drizzle with more oil and sprinkle with salt. Roast for about 20 to 30 minutes or until soft and lightly caramelized.
3. While the vegetables are roasting, start making the soup. In a large pot over medium-high heat add 2 tablespoons of oil, add the onion and sauté for 5 minutes. Then add the ginger and garlic and cook for 2 minutes. Add the turmeric and Thai curry paste and cook until you start to smell the curry, about 2 more minutes. Add the water or stock and turn up the heat to high and bring to a boil.
4. As soon as the vegetables are cooked remove from the oven add them to the pot; gently simmer for 10 minutes.
5. Using a food processor or blender, blend the soup until it is very smooth. I like to use my blender and I do this in small batches.

6. Add the coconut milk and season to taste with salt and a bit of pepper.
7. Serve with chopped nuts, hemp hearts and a fresh lime.

#### C O O K S   N O T E S

If you like a spicy soup you could add more curry paste.

Do not use light coconut milk, it is just a watered down version of coconut milk.