



# Recipe of the Week

## CARROT & GINGER SOUP

*Delicious heart-warming food!*

### Ingredients

3 cloves garlic  
1 large onion, chopped  
1 – 2 tabs chopped ginger root  
4 large carrots, peeled and chopped  
3 cups chicken stock, plus extra for thinning  
Coconut cream (optional)  
Chopped parsley or croutons to garnish

### Method

1. In a frying pan, fry the garlic and onion in a little oil.
2. Add ginger root and stir together until fragrant, then add the carrot and allow them to colour a little before pouring the chicken stock over them.
3. Cook until tender then puree until smooth.
4. Thin soup with extra stock or coconut cream, if desired.
5. Serve with a garnish of chopped fresh parsley or croutons

Recipe courtesy NZ Gardener 2017 Garden Diary