

VERSATILE COCONUT AND CURRY SOUP

ingredients

1 onion
2 cloves garlic
2 carrots
1 piece of zucchini or one whole if small
1 can coconut milk 400ml
600 ml broth
300g salmon (optional , may be noodles gluten or chicken or cooked beans)
1 lemon or lime
Mint leaves
1 teaspoon cayenne pepper flakes
1 tablespoon coconut oil first cold pressed
unrefined sea salt

Optional: fish sauce, tamari

PLEASE, READ THE WHOLE RECIPE BEFORE STARTING TO COOK

Peel the onion and carrots and cut them into small cubes.

Peel the garlic cloves and chop.

Cut the zucchini into small cubes without peeling, the skin will add color and flavor.

Put a tablespoon of coconut oil first cold pressed in a pot, add the onion and garlic, let it cook for about five minutes and add the carrot and zucchini, let everything cook together for about five minutes more. Add a tablespoon of good quality curry powder. Remove and quickly add the coconut milk, whole can. If you let the curry cook for long with the vegetables it can turn bitter.

Add broth and cayenne pepper flakes in this case is fish broth, but it can be whatever you want and depending on the ingredients you will use. When it starts to boiling, don't cover the pot, adjust the salt if necessary.

It just needs to cook 5 minutes on low heat, no more, as we want the vegetables not to lose their semi-raw texture.

OPTIONAL: If you want to give a more oriental touch, instead of putting salt you can put fish sauce, but overall check on the ingredients that does not carry MSG or similar. You may also be putting some tamari, but remember it has soybeans.

You can finish off the serve with a squeeze of lime and a pair of chopped mint leaves, it is spectacular. Enjoy.

