

Thai Spiralized Vegetable Soup

- Total Time: 25 minutes
- Cook Time: 10 minutes
- Serves: 2

Ingredients:

- 1 carrot, peeled
- 1 zucchini, ends trimmed
- 1/2 sweet potato, peeled
- 1 garlic clove, minced
- 1/2 inch piece ginger, finely grated
- 1tbs yellow curry paste
- 2 cups vegetable stock
- 1/2 cup coconut cream
- 2 tbsp roasted peanuts
- 1 tbs sunflower oil

Method:

- Spiralize the zucchini, carrot and sweet potato. Set aside in separate bowls.
- Heat oil in a saucepan. Add garlic and ginger and cook for 30 seconds.
- Add curry paste and cook for 1-2 minutes.
- Add vegetable stock and bring to a simmer. Taste and add more curry paste if needed.
- Add coconut cream and bring up to a boil.
- Add sweet potato and cook for 2 minutes.
- Add carrot and cook for 1 minute.
- Add zucchini and cook for about 30 seconds.
- Ladle soup into a deep bowl. Sprinkle peanuts on top.