Carrot, ginger & coconut milk soup



120mls vegetable or sunflower oil  
4 onions, peeled and roughly chopped  
4 cloves of garlic, peeled and finely chopped  
1.6kg carrots, peeled and grated  
4 tbsp peeled and finely chopped root ginger  
1600ml chicken or vegetable stock  
2 tins of coconut milk  
Salt and freshly ground black pepper  
  
4 tbsp chopped coriander, to serve

**Method**

1. Pour the sunflower/vegetable oil into a large saucepan on a medium heat and, when hot, add the onions and garlic.  
2. Cover with a lid and sweat for six to eight minutes or until softened but not browned.  
3. Stir in the grated carrots with the ginger, then cover again with the lid and cook, stirring occasionally, for eight to 10 minutes or until the vegetables have softened.  
4. Pour in the stock and coconut milk, bring to the boil, then reduce the heat and simmer for two to three minutes.  
5. Remove from the heat and liquidise the soup in a blender, or use a hand-held blender, then place back on the hob and heat through again.  
6. Season with salt and pepper and serve with a sprinkling of fresh coriander.