

Curried Coconut Soup

8 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 tbsp Ginger (chopped)
2 Garlic (clove, minced)
1 Yellow Onion (chopped)
2 tbsps Curry Powder
2 cups Mushrooms (sliced)
28 grams Lemongrass (chopped)
1 cup Broccoli (chopped into small florets)
1 tbsp Lime Juice
3 cups Organic Coconut Milk
4 cups Organic Vegetable Broth
1 Zucchini (spiralized into noodles)
1/4 cup Cilantro
1 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	209	Iron	1mg
Fat	18g	Vitamin D	2IU
Carbs	9g	Folate	21µg
Fiber	2g	Vitamin B12	0µg
Sugar	4g	Magnesium	17mg
Protein	3g	Zinc	0mg
Calcium	35mg	Selenium	3µg

DIRECTIONS

- 01 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 02 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 03 During the last minute, add the zucchini noodles and remove from heat.
- 04 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

One serving is equal to approximately one cup of soup.

MORE FLAVOR

Add salt and pepper.

MAKE IT A MEAL

Add in leftover cooked chicken breast or cooked lentils.