



## Jerusalem Artichoke & Carrot Soup

### What to collect

Ingredients	Equipment
1 brown onion, diced	chopping board
1 tablespoon coconut oil	knife
1 tablespoon of ginger, grated	scrubbers
3 medium jerusalem artichokes, scrubbed and sliced	grater
1 large carrot, peeled and diced	peeler
2 cloves garlic, diced	metric measuring spoons/cups
2 cups vegetable stock	saucepan with lid
juice of ½ lime	frying pan
3 tablespoons coconut cream	stick blender
	zester
<b>Garnish:</b>	
2 tablespoons olive oil	
1 small jerusalem artichoke, scrubbed and thinly sliced	
½ small carrot, peeled and thinly sliced zest of ½ a lime	

### What to do

1. Place coconut oil into a saucepan over medium heat.
2. Add the onion and sauté until softened.
3. Add ginger, artichokes, carrot and garlic into the saucepan. Stir through.
4. Pour in the veggie stock and lime juice and bring to the boil and turn to low and cook covered for 15-20 minutes.
5. Transfer soup to a food processor. Add coconut cream and process until combined and smooth.
6. For garnish, heat olive oil in a large frying pan over medium heat, add artichoke and carrot slices and cook for a few minutes on either side or until slightly golden.

**7. Serve soup with a few carrot/artichoke slices on top with some lime zest.**