

# Indian Garam Masala Carrot Soup

(Serves: 3-4)

## Ingredients

Spudshed Carrots 1kg Bag, (peeled & sliced lengthwise into 1-inch pieces)

2 Brown Onions, (roughly chopped)

Cobram Estate Australian Extra Virgin Olive Oil, 2 tbsp

G-Fresh Garam Masala, 2 tsp

G-Fresh Cayenne Pepper, small pinch

G-Fresh Sea Salt & Pepper, (to taste)

Ayam 100% Natural Coconut Milk, 400ml

Juice of ½ Fresh Lime

Microgreens or Herbs (for garnishing)

Mission Naan Bread Plain (for serving)

## Method

### Step 1

Preheat the oven to 220°C and line a sheet pan with baking paper or aluminium foil.

### Step 2

Place the carrots & onions on the sheet pan, drizzle with olive oil, the ground garam masala, cayenne pepper, and salt.

### Step 3

Toss the vegetables with your hands to evenly coat them.

Spread into a thin, even layer.

### Step 4

Roast the carrots & onions until lightly caramelised and fork tender, tossing them halfway through. Cook them for approximately 25-35 minutes.

Remove from oven and allow to cool before blending.

### Step 5

Place the coconut milk (reserve 1-2 tablespoons for garnishing the soup), and 300ml of warm water into the blender.

Using the paper/foil, transfer the roasted carrots & onions to the blender.

Add the lime juice.

### Step 6

Blend ingredients until smooth & creamy.

(If the soup is too thick, add a few tablespoons of warm water at a time until desired consistency is reached).

### Step 7

Season the soup to taste with salt, pepper, and additional lime juice.

Serve the soup warm from the blender with naan bread, garnishing with a drizzle of coconut milk, and fresh microgreens or herbs. **Enjoy!**



*Pic for illustration purposes only. Recipe may vary in appearance to pic.*