

MOROCCAN HAZELNUT AND CARROT SOUP

SERVES: 6

INGREDIENTS

2 pounds carrots, peeled and chopped
1/2 cup whole hazelnuts
1 large onion, chopped
3 garlic cloves, minced
2 tablespoons olive oil
1 tablespoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
1/4 teaspoon cayenne pepper
4 cups vegetable broth
1 can coconut milk
2 tablespoons honey
Fresh cilantro for garnish
Yogurt for serving

METHOD

1. Heat olive oil in a large pot over medium heat.
2. Sauté chopped onions for 4-5 minutes until soft and translucent.
3. Add minced garlic and all ground spices, cooking for 1 minute until fragrant.
4. Add chopped carrots and toast spices for an additional 2 minutes.
5. Pour in vegetable broth and bring to a boil.
6. Reduce heat and simmer for 20-25 minutes until carrots are very tender.
7. Toast hazelnuts in a dry skillet until golden and fragrant.
8. Remove soup from heat and use an immersion blender to puree until smooth.
9. Stir in coconut milk and honey.
10. Roughly chop toasted hazelnuts.
11. Season soup with additional salt if needed.
12. Serve hot, garnished with chopped hazelnuts and fresh cilantro.
13. Add a dollop of yogurt just before serving.