

Carrot-Parsnip Ginger- Lime Soup

500g carrots, peeled and chopped into coins
500g parsnips, peeled and chopped into coins
1- ½ " piece ginger root, peeled and chopped
3 cans low-sodium chicken broth
1 can coconut milk
1 cup heavy cream
2 Tablespoons butter
1 teaspoon table salt
1 teaspoon coarse ground black pepper
¼ teaspoon cayenne pepper
Juice of three limes
Chives for garnish, chopped

Add carrots, parsnips, ginger root, chicken broth and coconut milk to a large heavy bottomed pot.

Bring to a boil. Cover and simmer over heat for 10-15 minutes or until carrots and parsnips are softened.

Puree carrot-parsnip mixture in a blender in two batches and pour contents back into soup pot over low heat.

Stir in cream, butter, salt, black pepper, cayenne and lime juice.

Garnish with chopped chives.