



Spiced Carrot-Coconut Soup

with Peanuts, Cilantro & Lime



30-40min



2 Servings

A few special touches make this vegetarian soup anything but boring. Carrots, onions, and tomatoes combine with coconut milk in this creamy concoction, made irresistibly aromatic by cilantro and warming ras el hanout spice. We quickly fry pita bread to soak it all up, but not before we add a sprinkle of crunchy peanuts and bright lime juice.

What we send

- 1 yellow onion
- 2 carrots
- garlic
- ¼ oz fresh cilantro
- ¼ oz ras el hanout
- 13.5 oz can coconut milk ¹⁵
- 14½ oz can whole peeled tomatoes
- 2 Mediterranean pitas ^{1,6,11}
- 1 lime
- 1 oz salted peanuts ⁵

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

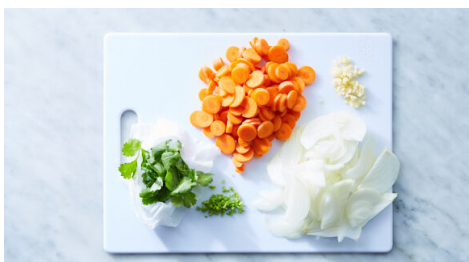
- medium Dutch oven or pot with lid
- medium skillet
- blender (or immersion blender)

Allergens

Wheat (1), Peanuts (5), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 65g, Carbs 88g, Protein 19g



1. Prep ingredients

Halve **onion** and thinly slice. Thinly slice **carrots**. Finely chop **2 teaspoons garlic**.

Pick **cilantro leaves** from stems and finely chop stems. Set aside cilantro leaves in a damp paper towel until step 6.



2. Cook carrots & onions

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **carrots** and **onions**; season with **salt** and **pepper**. Cook, stirring occasionally, until onions are softened, 5-7 minutes.



3. Cook aromatics & simmer

Add **chopped garlic, cilantro stems**, and **ras el hanout**. Cook, stirring, until fragrant, about 30 seconds. Add **coconut milk, tomatoes, 2 teaspoons sugar**, and **1 teaspoon salt**; bring to a simmer. Cover and simmer over medium to medium-low heat until carrots are completely tender, 15-20 minutes.



4. Fry pita & prep

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Working in batches, add **pita** and cook until browned and crisp, 30-90 seconds per side (add more oil if skillet looks dry).

Slice **lime** into wedges. Coarsely chop **peanuts**.



5. Purée soup

Transfer **soup** to a blender and blend until smooth (or blend with an immersion blender until smooth). Squeeze in **1 lime wedge** and season to taste with **salt** and **pepper**.



6. Serve

Serve **carrot-coconut soup** with **peanuts** and **cilantro leaves** over top and with **fried pita** and **remaining lime wedges** alongside. Enjoy!