

Brussels Sprout Soup

The perfect alternative winter soup full of flavour and nutrients

Serves: 4-6

Cooking Time: Under 1 hour

Difficulty: Average

Main ingredient: Vegetables

Ingredients

1 Tbsp coconut oil

4 small onions (red or white), peeled and diced

4cm ginger, peeled and grated

1.5kg brussels sprouts, washed and halved + 200g for garnish

2 Tbsp medium curry powder

2 Tbsp Thai red curry paste, optional

Salt and freshly ground black pepper

1 litre hot vegetable or chicken stock

1 can (400ml) coconut milk

½ lemon, juice

1 Tbsp olive oil

Method

Heat the coconut oil in a Le Creuset 26cm Cast Iron Casserole over a medium heat and soften the onions for 10 minutes – be sure not to let them brown. Add the ginger, brussels sprouts, curry powder and Thai red curry paste (optional) and cook for 1 minute. Then season with salt and pepper before pouring in the hot stock

Bring everything to the boil and cook with the lid on for roughly 10 minutes. Add the coconut milk and cook over a medium heat for 20 minutes or until the brussels sprouts are soft

Blend until smooth and add the juice of half a lemon

To make the garnish, peel the leaves from the brussels sprouts, place them on a tray, drizzle with olive oil, and season with salt and pepper. Roast at 200°C for 8-10 minutes until golden and crisp. Scatter over the soup to serve