

SPICY MOROCCAN CARROT SOUP (makes 6 portions)

¾ cup cannellini beans (soaked overnight and pressure cooked for 8 mins)

1 onion

2 tsp cumin

2 tbsp coriander

1/2 tsp cinnamon

thumb of ginger

¼ tsp cayenne pepper

2 tbsp sesame seeds

2 tsp thyme

2 tsp sumac

1 chilli

4 garlic cloves

1100 g carrots

300 g sweet potato

1 sweet apple

180 g curly kale

1200 ml vegetable stock (1 tbsp miso + 1 dsp tamari + 1 dsp apple cider vinegar + 1 tsp sweetner (eg agave syrup))

½ cup dessicated coconut (steeped in same amount of boiling water overnight)

1 dsp lemon juice

Sauté the **onion** until soft, then add the **spices**, plus a small amount of **stock** to prevent sticking. Cook for 1-2 mins.

Add the **vegetables** and **apple**, mixing thoroughly.

Add the **beans** and **orzo**.

Add the **stock**, cover, bring to the boil and simmer on low heat for 20 mins.

Turn off the heat and allow 15 mins to cool.

Add the **coconut** and **lemon juice** and liquidise.