



Ginger Turmeric Carrot soup

BY SHA

The nutrition expert Melanie Waxman has shared this anti-inflammatory recipe that supports gut health, strengthens the immune system and gets you glowing from the inside out!

🕒 PREPARATION TIME

- 30 minutes

🍽️ SERVES

- 4

🥬 INGREDIENTS

- 2 tbsps olive oil
- 1/2 leek rinsed and finely sliced
- 1 minced garlic clove
- 1 inch piece grated ginger
- 6-8 carrots sliced on the angle
- Pinch sea salt
- 1 inch piece grated turmeric
- 4 cups spring water
- 1 inch strip kombu sea vegetable
- 2 tbsps white miso
- 2 tbsps chopped parsley, coriander or seeds for garnish

PREPARATION

- Place the olive oil in a medium saucepan over medium heat. Add the leeks, garlic, minced ginger, and sauté for 1 to 2 minutes.
- Add the carrots, salt, cinnamon and turmeric and cook another 1-2 minutes, stirring occasionally.
- Add the water and kombu, and bring to a boil. Reduce heat, and simmer until carrots are very soft, about 20 minutes.
- Remove the kombu and puree soup in a high speed blender.
- Return the soup to the heat and warm until simmering.
- Turn off heat and add the diluted miso. Mix gently and serve.

FINAL TOUCHES

Garnish with chopped parsley, cilantro or seeds for garnish. You can add a little more grated ginger for a stronger flavour.