



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

COCONUT GREEN SOUP WITH CELERY, KALE & GINGER

Thank you to thefirstmess.com for this recipe and picture.

Makes 2 litres

Ingredients

- 1 teaspoon whole cumin seeds
- 1 teaspoon whole coriander seeds
- 1 teaspoon coconut oil
- 1 brown onion
- 1 medium zucchini, chopped
- 1 bunch of celery, chopped (about 4 cups chopped celery)
- 1 medium apple, peeled and chopped
- 3 inches fresh ginger root, peeled and chopped (roughly 2 tablespoons)
- 6 cups vegetable stock (home made or additive free)
- Sea salt and ground black pepper, to taste
- 4 cups of chopped and packed kale leaves.
- 1 can of full fat coconut milk
- Juice of 1 lime (about 2 tablespoons)





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Method

Heat a large, heavy pot over medium heat.

Add the cumin and coriander seeds to the pot and toast in the dry pot until fragrant, about 1 minute. Remove the spices from the pot and grind them to a powder. Set aside.

Heat coconut oil in the pot, add onion and cook until soft and fragrant, about 3 minutes.

Add the zucchini, celery, and apple to the pot and stir.

Add the ginger, ground cumin and coriander to the pot and stir to distribute the spices among the vegetables.

Add the vegetable stock to the pot and stir. Season with salt and pepper. Bring the vegetables and broth to a boil and then simmer, stirring here and there, until the zucchini is very tender, about 10 minutes.

Add the chopped greens and coconut milk to the pot and stir to mix. Keep simmering and stirring until the greens have wilted and are bright green. Remove the vegetables and stock from the heat.

Puree the soup with a stick blender or in batches using a blender.

Return the pureed soup to the pot and bring to the boil. Stir in fresh lime juice and adjust any other seasoning.

Serve with preferred garnishes (eg sliced ripe avocado, cooked chickpeas, extra coconut milk, olive oil or chopped basil)

Enjoy!

Jane

