

Roasted beetroot, ginger and coconut soup

A rich, velvety and vibrant soup that's perfect for freezing.

Serves 4

Prepare 10 minutes,
plus cooling

Cook 35 minutes

- 500g beetroot, scrubbed
- 2 tbsp olive oil
- 2 **essential Waitrose** leeks, finely sliced
- 2 **essential Waitrose** celery stalks, finely sliced
- 30g fresh root ginger, cut into matchsticks
- 1 litre fresh vegetable stock
- 1 tbsp lemon juice
- 4 tbsp coconut milk yogurt (or use coconut cream), plus extra to serve
- small handful dill leaves

1 Preheat the oven to 200°C, gas mark 6. Top and tail the beetroot and cut into bite-sized chunks (there's no need to peel them). Toss with 1 tbsp oil, season, and roast for 30 minutes, tossing halfway.

2 Meanwhile, heat the remaining 1 tbsp oil in a large saucepan over a medium heat. Sauté the leeks, celery and ginger for 10-15 minutes, until softened and starting to caramelize. Stir in the cooked beetroot, then the stock and bring to the boil. Season, simmer for 5 minutes, then take off the heat and leave to cool for 10 minutes.

3 Transfer to a blender with the lemon juice, coconut milk yogurt and most of the dill. Whizz (in batches, if necessary) until smooth, adding more seasoning and lemon juice as required, and a little water to loosen, if needed. Serve in bowls with a spoonful more yogurt and a scattering of dill.

Per serving 825kJ/198kcal/12.6g fat/5.7g saturated fat/
15.8g carbs/11.5g sugars/5.8g fibre/5.3g protein/0.4g salt »

Low in fat

