

ROAST TOMATO SOUP

This is tomato soup with exotic undertones. Anyone I have ever served this to has thought it was fantastic! The recipe makes about 3 portions and freezes well.



1 tin chopped tomatoes
3 tbsp coconut milk powder
½ can water
2 large tomatoes (250g)
1 small onion
1 tsp grated root ginger
1 tbsp chopped parsley or coriander
1 clove garlic - grated
1 tsp chilli sauce
1 tbsp brown sugar
1 – 2 tbsp fish sauce
1 ½ tbsp. oil

Pre-heat the oven to 200C/400F/Gas 6

Cut the tomatoes and onions into wedges, drizzle with 1 tablespoon oil, sprinkle with salt & pepper, mix everything together and roast for 30min. The tomatoes and onions should have brown crispy edges.

Heat the remaining ½ tablespoon oil in a heavy based pan and fry the ginger, parsley & garlic for a few seconds.

Add the tomatoes, coconut milk powder and water. Bring to the boil, put the lid on the pan and simmer for 10min.

Once the tomatoes & onions are ready, add them to the pan. Blitz to a puree and stir in the brown sugar and fish sauce to taste.

Per serving 163Kcal, 3g Protein, 10.8g Fat (4.1g saturated), 15.7g Carbs, 11.2g Sugar, 1044mg salt

Hints, Tips and Variations

- ◆ *Wheat, dairy & gluten free.*
- ◆ *If you're vegetarian or don't want to use fish sauce, use soy sauce instead or extra salt.*
- ◆ *Make this as spicy as you like by using fresh chilli or extra chilli sauce.*