



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 20 mins

Serves: 6

INGREDIENTS

- 2 tbsp olive oil
- 3 spring onions, finely sliced
- 2 cloves garlic, crushed
- ½ cup chopped parsley
- ¼ tsp cayenne pepper
- Pinch nutmeg
- 1 vegetable stockcube
- 375g sliced mushrooms
- 1 cup water
- 1 x 400ml can coconut milk/cream
- Pink rock salt
- Freshly ground black pepper
- ¼ cup water mixed with 2 tsp arrowroot powder
- 1 cup extra coconut milk

METHOD

- Heat oil in heavy based saucepan. Add ¼ cup chopped mushroom slices and fry until crisp. Remove and set aside.
- To the remaining oil, add spring onions, garlic, parsley, cayenne pepper, nutmeg and stock cube and stir fry for 5 minutes.
- Add mushrooms, water, 400 mls coconut milk, salt and pepper and bring to the boil.
- Simmer for 15 minutes until mushrooms are cooked.
- Blend in mixer or with stick blender and add arrowroot mix, reboil to thicken.
- Stir in extra coconut milk.
- Serve sprinkled with cayenne pepper and fried mushrooms.

CREAMY MUSHROOM SOUP

