



POTATO, GARLIC AND ROCKET SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 1 kg potatoes
- 1 clove garlic, crushed
- 1 tsp crushed ginger
- 2 vegetable stock cubes
- 1 litre water
- 60g rocket
- 1 tbsp olive oil
- 1 cup coconut milk
- ¼ tsp black pepper

METHOD

- In a large saucepan, add potatoes, garlic, stock cubes and water and bring to the boil.
- Simmer for 15 minutes, or until potato is cooked through.
- Add rocket, oil and pepper and cook a further 5 minutes.
- Add coconut milk and blend and serve sprinkled with rocket and hemp parmesan.