



Lime and Parsley Soup

Lime and parsley soup is a refreshing and zesty soup, yet satisfyingly filling too. Lime and parsley soup makes a delicious lunch or tastebud-tantalising starter. Easy to prepare and full of goodness.

I prepared lime and parsley soup with coconut milk as I love how coconut and lime complement each other. However, if you don't like coconut milk, use a similar amount of water or vegetable/chicken stock. I have also made this recipe with water alone and it is equally delicious. I tend not to use stock cubes because of their high sodium content.

To make this a vegan meal, simply substitute the butter with coconut oil.

Ingredients:

Serves 4	Zest and juice of 2 limes
Knob of butter or coconut oil	400ml tin coconut milk, (or water, chicken or vegetable stock)
3 cloves garlic, chopped chunky	Tbsp creme fraiche or Greek yoghurt (optional)
2 bunches fresh, flat-leaf parsley, rinsed	Salt and black pepper to taste
2 tsp ground coriander	Parsley leaves to garnish (optional)
6 chestnut mushrooms	

To cook on the stove:

In a large frying pan, melt the butter. Add the garlic and pinch of salt and sauté on a medium heat for 5 minutes. Add the mushrooms and continue cooking for a further 10 minutes.

Next add the parsley leaves (leave a few aside for the garnish) and fry on a low heat for 3 minutes. Add the coconut milk, lime juice and zest and heat through, but do not let it boil (sometimes the coconut milk will separate, particularly if you are using a low fat variety).

As a note, if you prefer not to use coconut milk, simply use the same amount of water or vegetable or chicken stock.

Blend and stir through the creme fraiche or Greek yoghurt if using. Season with salt and pepper and garnish with a few parsley leaves.

Serve up in 4 bowls with freshly baked bread and butter.