



Spicy Tomato and Lime Broth

Spicy tomato and lime broth is a delicious combination of warming, earthy flavours combined with the zest of lime, coriander and the liveliness of tomatoes and mild, Indian spices. The addition of avocado lends a creaminess to the broth and red pepper, carrots, red onions and garlic make this a power-house of delectable goodness.

What's more it's as delicious chilled as it is warm.

Ingredients:

Knob of butter	2 tsp ground smoked paprika
2 x 400g tin chopped tomatoes	1 tsp ground turmeric
Rinse out each tin with ¼ tin of water	Pinch chilli flakes
1 red onion, chopped	Zest and juice of 1 lime
3 cloves garlic, chopped chunky	Handful chopped fresh coriander
1 red pepper, chopped	Pinch of salt
2 carrots, sliced	Black pepper
1 avocado, stoned, skinned and quartered	Dollop of creme fraiche per serving

Method:

In a large pan, melt the butter then add the onion, garlic, pinch of salt and fry on a medium heat for approximately 5 minutes. Add the paprika, turmeric, chilli flakes, carrots and red pepper and fry with the lid on for a further 10 - 15 minutes on a low to medium heat until the carrots have softened.

Add the tinned tomatoes, water and avocado and combine well. Bring the pan to the boil and simmer for 5 minutes or so. Remove the pan from the heat and puree the ingredients.

Sprinkle with the lime zest and juice. Stir through the chopped coriander and ladle into four bowls. Add a good-sized dollop of creme fraiche to the top of each bowl and finish off by grinding a generous amount of black pepper onto the top of the broth.

Serve with freshly baked bread.

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