Spicy coconut and beetroot soup

Takes 1 hour 30 minutes + cooling time for beetroot, serves 4 and uses one roasting tin and one pot.t

INGREDIENTS

750g raw, trimmed beetroot

1 teaspoon vegetable or ground nut oil

2 sprigs thyme

1 tablespoon vegetable or ground nut oil

2 banana shallots, finely chopped

1 garlic clove, crushed

1/2 tablespoon ginger, finely chopped

4 small carrots, peeled and roughly chopped

4 sprigs thyme, tied together.

1 whole scotch bonnet pierced twice with the point of a knife

400ml vegetable stock

1 tin coconut milk

To serve:

15-20g dried coconut flakes

DIRECTIONS

Place the trimmed beetroots in a deep roasting tin along with 2 sprigs of thyme. Toss them with the teaspoon of oil so they're just coated, then cover the tin with foil and place in the oven for 1 hour. Remove, cool and cut the stalks and the root off, then if you squeeze and slip the beets in your hand, the skin should slide off. Chop the beetroot into 1cm chunks.

Heat the tablespoon of oil in a large saucepan over a medium heat and add the shallots, garlic and ginger. Cook these, stirring occasionally until they have softened. Add the carrots, stock, thyme and scotch bonnet and simmer, covered for 10 minutes. Add the beetroot and coconut milk and simmer for a further 10 minutes.

Heat a frying pan over a medium heat, place the coconut flakes in it and cook, dry, stirring occasionally until they have browned nicely, then remove from the heat.

Remove the thyme sprigs and the scotch bonnet from the soup, then use either a blender or a stick blender to puree the soup into smooth liquid and serve topped with coconut flakes.

le petit oeuf