

CARROT GAZPACHO WITH LEMONGRASS



LifeShape Clinic

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INGREDIENTS

1 stalk lemongrass
400g carrots, chopped
1 red capsicum, chopped
400ml light coconut milk;
reserve ¼ cup for garnish
2 cloves garlic, crushed
2 tablespoons olive oil
2 tablespoons sherry
vinegar
1 teaspoon red curry paste
Salt and pepper
Pepitas

4
SERVES

METHOD

1. Cut the root and tough stem from lemongrass. Remove the first few layers of outer leaves and finely chop the tender part.
2. In a blender combine the lemongrass, carrots, coconut milk, garlic, olive oil, sherry vinegar, curry paste, ½ cup water, and salt and pepper. Blend until smooth.
3. Chill for a minimum of 4 hours.
4. Serve topped with pepitas and a splash of coconut milk.

Nutrition Guide

PER SERVE

| | |
|---------------|--------|
| Energy (cal) | 270cal |
| Protein | 6g |
| Fat | 21.4g |
| Saturated Fat | 8.8g |
| Carbohydrate | 11g |
| Sugar | 10g |
| Sodium | 135mg |
| Fibre | 7g |

1200

RECIPE VARIATION

Lunch Requirement: 270 - 300 cal
Meets Requirements: Yes
Total Meal Calories: 270 cal

1500

Lunch requirement: 370 - 400 cal
Meets requirements: No
Recommendations: Serve with toasted croutons
Total meal calories: 382 cal

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