



# Coconut-Pea-Soup with spicy Horseradish

🕒 Preparation time: 25 minutes

👤 Portions: 2

Cooking time: 0 minutes

**Total time: 25 minutes**

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## Ingredients (serves 2-4)

- 70 g (2.4 oz) Shallots or small onions
- 1 small clove of garlic
- 150-170 g (5.2-5.9 oz) celeriac
- 1,5 tbsp. vegetable oil
- 1 dash white wine (can be replaced by 50 ml water or vegetable broth)
- 350 g (12.4 oz) frozen peas + a few defrosted peas for garnish
- 300 ml (1.2 cups) Wasser
- 400 ml coconut milk (1 can, 1.6 cups)
- Optional: 1-2 tsp. vegetable broth powder
- 1 tbsp. tahini (optional for a rich, creamy consistency | can be replaced with cashew paste)
- Salt
- Pepper
- A piece of horseradish root, freshly grated (approx. 2-3 teaspoons to your individual taste)
- A handful of fresh mint
- 1-2 tsp. lemon juice
- Optional: 1 tbsp. soy yogurt per serving for garnish
- Sprouts as desired for garnish, e.g. cress

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## Instructions (25 minutes)

1. Peel and finely dice shallots and garlic clove. Remove the celery skin and chop a little.
2. Heat 1.5 tbsp. vegetable oil in a saucepan. Sauté shallot and garlic cubes briefly. Add celery pieces, fry briefly and deglaze with a dash of white wine. Let white wine reduce for 2-3 minutes. Then add frozen peas, 200 ml water and coconut milk.
3. Bring ingredients to a boil once briefly, reduce heat and simmer soup gently for about 10-15 minutes until celery pieces are soft. If desired, you can stir in 1-2 tsp vegetable broth powder to intensify the taste.
4. Add tahini, a handful of mint leaves, 1-2 tsp grated horseradish, salt and pepper to the soup and puree it.
5. Season the soup with 1-2 tsp. of lemon juice, salt to taste and add water to adjust the consistency (I added another 100 ml (0.4 cup) of water).
6. Divide soup among bowls, stir in 1 tbsp. soy yogurt into each soup serving, garnish with peas, cress, and freshly grated horseradish to taste. Enjoy your meal!