

Ingredients:

- 1-2 tablespoons oil
- 3 scallions, trimmed and chopped (white, light green, and dark green parts)
- 1-2 inch piece fresh ginger, peeled and sliced
- 1 small jalapeño, seeded and chopped (optional)
- 4 medium carrots, peeled and chopped
- 1/4 teaspoon ground cumin
- 1 handful of cilantro (leaves and stems)
- 4 cups water
- 1 can (13 oz / 403 ml) unsweetened coconut milk
- Salt and pepper, to taste
- Chopped cilantro and scallion greens, for garnish
- Lemon or lime wedges, to serve on the side

Instructions:

1. **Heat oil** in a large pot over medium heat. Add the chopped scallions and sauté for 2-3 minutes, stirring occasionally.
2. Add the **ginger** and optional jalapeño, followed by the chopped **carrots**. Continue to sauté for a few minutes.
3. Stir in the **ground cumin** and cook for another 2 minutes, allowing the spices to bloom.
4. Add the **cilantro** and **water** to the pot. Cover and bring the mixture to a boil, then reduce the heat and let it simmer for about 20 minutes, or until the carrots are tender.
5. Stir in the **coconut milk** and season with **salt and pepper** to taste.
6. Let the soup cool slightly, then **transfer to a blender**. Blend until smooth and silky. For a completely smooth texture, strain the soup to remove any ginger fibers.
7. **Taste and adjust seasoning** as needed. Reheat if necessary.
8. Serve hot, garnished with chopped cilantro and scallion greens, and a **lemon or lime wedge** on the side.

Nutritional Breakdown (per serving, based on 4 servings):

- **Calories:** ~190 kcal
- **Protein:** 3 grams
- **Carbohydrates:** 20 grams
- **Fiber:** 5 grams
- **Fat:** 12 grams
- **Sugars:** 6 grams