



Spring Onion and Salmon Soup* (H)

Serving: 1

Non Veg

Ingredients

- -2 tbs avocado oil
- - $\frac{1}{2}$ cup spring onions , washed, chopped finely
- -1 cup seafood OR chicken broth
- -1 tsp dried thyme leaves
- -50 grams salmon, in bitesize pieces (thawed frozen salmon works really well here)
- - $\frac{1}{2}$ cup coconut milk
- -Salt & pepper to taste

Preparation Method

- -Heat the avocado oil in a large saucepan or dutch oven at a low-medium heat.
- -Add the chopped green and cook until slightly softened.
- -Pour in the stock and add the thyme. Simmer for about 10 minutes and season to taste with salt and pepper.
- -Add the salmon and the coconut milk to the pan. Bring back up to a gentle simmer and cook until the fish is opaque and tender.
- -Serve immediately!