Coconut Lentil Soup

Serves: 4
Prep time: 10 minutes
Cook time: 25 minutes

2 ½ serves per portion

Everyday Food

Ingredients
1 tablespoon olive oil
1 brown onion, finely diced
2 garlic cloves, crushed
4 cm piece ginger, peeled, finely grated
2 tablespoons yellow curry powder mixture*
1 tablespoon olive oil
400 g can lentils, rinsed and drained
400 g can diced tomatoes
270 ml can coconut milk, reduced fat
1 litre water
½ cup natural yoghurt
2 teaspoons lime juice
⅓ cup coriander leaves, chopped

Yellow curry powder mix:
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon yellow mustard powder
1 teaspoon chilli powder (optional)
½ teaspoon pepper
½ teaspoon cumin
¼ teaspoon ground cardamom

Method
STIR together the yellow curry powder ingredients and set aside.
HEAT large pan over medium high heat and add the oil once hot. Fry the onion, garlic and ginger until the onion becomes soft. Mix the required amount of curry powder with a tablespoon of olive oil and add to the onion. Fry for 1 minute or until fragrant.
ADD lentils, tomatoes, coconut milk and water. Bring to the boil, reduce heat to low, simmering uncovered for 20 minutes or until lentils are tender.
COMBINE yoghurt, lime juice and ½ the coriander leaves in a bowl.
LADLE soup into serving bowls, drizzle with yoghurt mixture and garnish with remaining coriander leaves.
SERVE with naan bread and lime wedges (optional).

Recipe courtesy of the Country Kitchens team

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