

Spicy Lentil, Tomato & Coconut Soup

Ingredients

2 tbsp coconut oil
2 medium red onions,
finely chopped
20g fresh root ginger,
chopped
1 garlic clove, chopped
1/2 red chilli
1 lemongrass stalk
400g tomatoes chopped
1 tsp coriander seeds
1 tsp paprika
100g red lentils
300ml coconut milk
juice of 1 lime
1 tbsp freshly chopped
coriander
salt to taste

Method

Heat the coconut oil in a large pan. Add the onion, ginger and garlic and saute for 5 mins. Add the chilli and lemongrass and cook for a further 5 mins. Grind the coriander seeds in a pestle and mortar or use pre ground coriander and add to pan along with the paprika. Saute for 2 mins then add the tomatoes, lentils and coconut milk. Bring to a boil then simmer for 30 mins, until the lentils are soft. Season with salt and the lime juice. Take off the heat and allow to cool a little. Blend until smooth if desired.

Serving Suggestions:

Serve hot with a swirl of coconut milk and a sprinkle of fresh coriander.