

Lentil and Coconut Soup

Serves 3-4 Prep Time: 50 minutes

Ingredients:

- 2 tbsp coconut oil or rice bran oil
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground ginger
- 200g tinned red lentils
- 750ml water
- 1/2 block creamed coconut
- Himalayan rock salt and black pepper to taste



Here's How:

1. Heat the oil and sauté the onions and garlic until soft.
2. Stir in all the spices and cook for a 1 minute
3. Add lentils and water.
4. Bring to the boil, lower heat, cover and cook for 30-40 minutes, until lentils are soft.
5. Add more water if needed.
6. Chop or grate the coconut and add to pan, allow it to dissolve.
7. Season and serve.