

Coconut, Lentil, Carrot Soup

A recipe from Katie O'Connell

Serves 4



Ingredients

400ml can coconut milk
1tbsp coconut oil or rapeseed oil
1 leek, sliced
1 parsnip, chopped
2 carrot, chopped
4tbsp red lentils
500ml hot vegetable stock
1 inch fresh ginger root, grated
½tsp turmeric
Squeeze of lemon juice
Ground black pepper

Method

Heat oil and gently sweat leeks, parsnips and carrots with the ginger and turmeric for 5 mins until softened.

Stir in lentils and stock, cover and simmer for 15-20 mins.

Once lentils are soft, add in coconut milk and let simmer for a few more mins.

If more liquid is required, add water.

Squeeze in fresh lemon and black pepper to season.

Ladle the soup into bowls and enjoy or alternatively it can be made in advance and is suitable for freezing.

*Dish may not look like image used