

LENTIL & COCONUT SOUP



GYMGAIR

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Serves 2

NUTRITIONAL INFORMATION:

High Protein, Gluten Free*, Dairy Free, Vegan, Vegetarian

Kcal: **431**

Protein: **20.5g**

Carbohydrate: **63.5g**

Fat: **10.5g**



INGREDIENTS

140g	Dried Red Lentils
400g	Can Light Coconut Milk
½	Lime, juice only
600ml	Vegetable Stock*
3 tsp	Coriander Seeds, lightly crushed
2 tsp	Cumin Seeds
1 tbsp	Garlic Olive Oil
2	Leeks, white parts thinly sliced
4	Garlic Cloves, crushed
	Salt & Pepper to season

*use gluten free if required

COOKING TIME: 45 minutes

METHOD:

1. Toast the coriander & cumin seeds in a large non-stick frying pan over a low heat for 2-3 minutes until they become fragrant. Remove from the heat & set aside.
2. In a large saucepan, heat the olive oil over a medium heat. Saute the leeks & garlic with plenty of black pepper & some salt, for 4-5 minutes.
3. Stir in the toasted seeds & red lentils & cook for a minute before pouring in the coconut milk, lime juice & vegetable stock. Bring to the boil, reduce the heat & simmer the soup for 25 minutes.
4. Blend half the soup. Mix back into the saucepan with the whole lentils. Warm the soup if necessary & serve immediately.

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