Coconut lentil soup (vegan)

Preparation time 10 minutes, cooking time 35 minutes

Ingredients:

1-2 tbsp coconut oil

1 onion, finely chopped

4 cloves garlic, crushed or finely chopped

Thumb-sized piece fresh ginger, peeled and grated or finely chopped

4 tsp curry powder

½ tsp cayenne / chilli powder (optional)

1 tsp dried turmeric

1 400ml can full fat coconut milk (e.g. Thai Gold)

1 cup red lentils, rinsed

1 – 2 tsp salt

1 can chopped tomatoes

½ bag frozen spinach

Toasted almonds or coconut flakes to serve

Directions:

- Heat oil in a large saucepan and cook the onion on a medium heat for 5 minutes. Then add the ginger and garlic and cook for a further 3 or 4 minutes
- Add the dried spices and cook for a further minute, then add the coconut milk, lentils, salt and chopped tomatoes together with 2 tins of water (use the coconut or tomato tins) and cook for 20 minutes
- Add in the frozen spinach and cook for 5 minutes more
- Serve topped with toasted almonds or coconut flakes

Freeze this soup in portion-sized containers for quick lunches. Lentils provide valuable protein and iron.

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