

## Vegetable and Lentil Soup Recipe

**Ingredients:** Serves 4

3 tablespoons peanut oil  
2 tablespoons peeled and grated fresh ginger  
1 small red chili, seeded and finely sliced  
¼ teaspoon ground cumin  
¼ teaspoon curry powder  
1 small red (Spanish) onion, chopped  
1 small parsnip, peeled and sliced  
2 celery stalks, thinly sliced  
4 large carrots, peeled and sliced  
1 potato, peeled and sliced  
2 fresh kaffir lime leaves or ¼ teaspoon grated lime zest (rind)  
½ cup (105g) red or brown lentils  
6 cups vegetable stock  
1 cup (250ml) coconut milk  
2 tablespoons chopped fresh cilantro (fresh coriander), for garnish

**Method:**

In a large saucepan over medium heat, warm peanut oil. Add ginger, chili, cumin and curry powder and cook until aromatic, about 1 minute. Add onion, parsnip, celery, carrots, potato and lime leaves. Cover and cook, stirring occasionally, for 10 minutes. Add lentils and stock and bring to a boil. Cover and cook until vegetables and lentils are soft, about 20 minutes. Remove lime leaves and discard. Working in batches, puree soup in a food processor. Return to saucepan, add coconut milk and heat through, about 3 minutes. Garnish with chopped cilantro and serve. Bird's eye and serrano chilies are recommended for this recipe.

[asian\_free\_recipes\_download][/[asian\\_free\\_recipes\\_download](#)]