



FOOD CO-OPERATIVE

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SWEET POTATO AND LENTIL CURRIED COCONUT SOUP

INGREDIENTS

1 tablespoon oil
3 eschalots finely chopped
2 garlic cloves crushed
3cm piece ginger root finely grated
¼ cup(75g) of Thai red curry paste
750g sweet potato peeled and chopped
1 x 400ml can of coconut milk
2 tablespoons fish sauce
2 tablespoons lime juice
1 cup red lentils, rinsed
¼ cup of coriander leaves
½ -1 litre stock or water
Crusty bread or gluten free crackers to serve

METHOD

Heat oil in large saucepan, over medium heat.
Add eschalot, garlic and cook for 3 minutes until softened. Add the ginger and cook for 1 minute, add the curry paste and cook for 1 minute. Add sweet potato, lentils and cook for 2 minutes. Add lime juice, fish sauce, and stock, bring to boil and cook for 15 minutes, until potato and lentils have swelled up and are tender. Add coconut milk. Bring back to simmer. Puree soup and serve topped with chopped coriander leaves.

Serves 4

