



Lentil Soup with Coconut Milk

🕒 30–40 Min   

Preparation

- 1 Peel and finely chop the onion and ginger. Heat a little coconut oil in a deep pan. Sweat the onion and ginger. Use a coarse grater to grate the potatoes directly into the pan and allow them to sweat.
- 2 Wash the lentils in a sieve, allow to drain and add to the pan. Add the Kotányi Curry Powder mix and pour in the vegetable stock.
- 3 After a few minutes of cooking time, mix in the coconut milk and leave to simmer for another 15–20 minutes over a medium heat. Stir regularly.
- 4 As soon as the lentils are cooked, blend the soup to the desired consistency. Finally, add the lime juice to taste, garnish with cilantro and enjoy.

Ingredients 4 Portions

🔥 = Kotányi Produkte

250 g	Red lentils
1 piece	Onion, small
1 piece	Ginger, thumb-sized piece
1 tbsp.	Coconut oil
2 piece	Baby potatoes
250 ml	Vegetable stock, clear
400 ml	Coconut milk
2 tbsp.	Lime juice
1 tbsp.	🔥 Curry Powder
	Cilantro leaves, chopped

