

Exotic Lentil Soup with a Crispy Rice Noodle Nest

40–50 Min

Ingredients 4 Portions

= Kotányi Produkte

2	Onions
4	Carrots
1	Ginger, thumb-sized piece
100 g	Fennel
5 tbsp.	Sesame oil
4 tsp.	Coconut flakes
80 ml	Orange juice
100 g	Red lentils
400 ml	Water
400 ml	Coconut milk
2 tbsp.	Curry Madras

For the garnish

10 g	Rice noodles
	Oil for deep-frying

Preparation

1. Cut the onions, carrots and fennel into large cubes and grate the ginger. Heat the sesame oil in a pan. Fry the fennel and onion over a high heat for around 1 minute. Remove both ingredients and place to one side.
2. Fry the carrots in some oil. Add the Curry Madras mix, coconut flakes and fry to ensure optimal flavor. Then use orange juice to deglaze the pan and pour in water and coconut milk. Add the lentils and allow to simmer for around 20 minutes.
3. Finally, put the fennel and onion back in the pan and simmer for a further 5 minutes. Blend the soup and season with soy sauce.
4. To make the garnish: Deep-fry the rice noodles in very hot vegetable oil and allow to dry on paper towels. Use them to garnish the soup and enjoy.