

Red Lentil and Coconut Thai Curry Soup

This soup is on this thick side, it can be a standalone meal or served as a small portion before dinner. It has an amazing burst of fresh and spicy flavors all tied together in a thick creamy broth.



Prep time
10 min

Cook time
30 min

Ingredients

1 cup red lentils
3 cups of vegetable stock
2 Tbsp red curry paste
1 piece of lemongrass, sliced thinly
1 clove of garlic, minced
Thumb size piece of ginger, minced
Handful of fresh cilantro lightly chopped, plus extra for garnishing
½ tsp galangal
3 Tbsp paprika
½ Tbsp dried coriander
1 can of coconut milk
1 small red onion, diced
2 Tbsp coconut oil
2 Tbsp spelt flour
Salt to taste
1 lime

Serves 4 - 6

Directions

1. Rinse the lentils and in a medium saucepan on medium-high heat start cooking them with the vegetable stock.
2. Mix the curry paste with a few tablespoons of water, be sure to breakup any lumps. Add into the pot with the lentils.
3. Slice, mince and chop the lemongrass, garlic, ginger and cilantro accordingly.
4. To the saucepan add the lemongrass, dried galangal, paprika, dried coriander and coconut milk.
5. Reduce the heat to medium and continue to cook for 20 minutes until the lentils become tender.
6. Dice the red onion and in a small frying pan on high heat sauté in coconut oil for 7 minutes, until it is lightly browned.
7. Turn the fire down to medium, add the flour to the onions and simmer for another 2 minutes. This will make your roux.
8. When the lentils are just about done, after cooking for 20 minutes, add in the garlic, ginger, cilantro, roux and any additional desired salt.
9. Stir until smooth and cook for another 5 minutes.
10. Garnish with cilantro and serve with a lime wedge.

Cook's Tip

The curry paste imparts much more than just spice to the dish with its wonderful combination of lemongrass, ginger, galangal and hot peppers. Yet, if you are cooking for someone who doesn't enjoy spicy food you can either add a smaller amount of the paste or set it aside until the soup is done. Remove some soup for your guest who doesn't like it spicy then add the paste into the soup pot for everyone else. The version without the curry paste will have a milder flavor but will still be delicious.



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