



TURMERIC COCONUT GREEN LENTIL SOUP

A nourishing and flavourful soup made with green lentils, hearty vegetables, turmeric and creamy coconut milk.



SERVINGS
6



PREP TIME
15 MIN



COOK TIME
35-45 MIN



STOVETOP
SIMMER

INGREDIENTS

- Green lentils, rinsed 125 g
- Carrots, diced 141 g
- Onion, diced 150 g
- Celery, diced 96 g
- Sweet potato, peeled and diced 125 g
- Water 2 L
- Coconut milk (full fat or light) ½ cup (120 g)
- Turmeric, ground 12 g
- Paprika 3 g
- Garlic powder 2 g
- Black pepper, ground 2 g
- Hot chili pepper, dried, with seeds (optional) 2 g
- Sea salt 8 g
- Bay leaf 1



STEP-BY-STEP

1



Prepare the vegetables. Dice the carrots, onion, celery and sweet potato into similar-sized pieces. Rinse and drain the green lentils.

2



Add everything to a large pot. Combine the lentils, vegetables, water, turmeric, paprika, garlic powder, black pepper, chili pepper, salt and bay leaf.

3



Bring to a boil over medium-high heat, then reduce to a gentle simmer. Partially cover and cook for 35-45 minutes, or until the lentils are tender and the vegetables are fully cooked.

4



Stir in the coconut milk and simmer for a few more minutes until well combined and hot.

5



Remove the bay leaf. Taste and adjust the salt, pepper or chili if needed. Serve hot.

NUTRITION FACTS

Per serving (approx. 1 ½ cups / 350 g)

Calories	290
Protein	10 g
Fat	9 g
Saturated Fat	6 g
Carbohydrates	43 g
Fiber	13 g
Sugars	7 g
Sodium	530 mg

CHEF'S TIP



For a creamier texture, blend a portion of the soup with an immersion blender and then return it to the pot. Adjust the coconut milk to your preference for a richer or lighter finish. Add more chili if you like extra heat.

SERVING SUGGESTION

Serve with warm crusty bread, naan or a side salad.



MADE WITH
SIMPLE INGREDIENTS



NOURISHING
AND FLAVOURFUL



INSPIRED BY
MEDITERRANEAN FLAVOURS

