



# creamy coconut lentil soup

## INGREDIENTS

- 2 Cloves Garlic, minced
- 1 Cube, Ginger, minced
- 1 Medium Onion, diced
- 1/2 Green bell pepper, diced
- 1/4 Yellow bell pepper, diced
- 1/2 Cup Yellow split peas, washed
- 1/2 Cup Red lentils, washed
- 2tbsp Pearl of barley
- 2 Large Potatoes, cubed
- 1/3 Block of creamed coconut block, cubed
- 3sprigs Fresh thyme
- 3tbsp LAiRIE tropical seasoning
- 2tsp Salt
- 2tsp Coarse black pepper

## METHOD

1) Measure out yellow split peas and wash them 3 times to remove any debris. In a separate bowl wash and drain red lentils and pearl of barley And set aside.

2) Dice onion, bell peppers and mince garlic and ginger. Add to heated oil in a medium/large pot and sauté with 1tsp of salt on a medium heat until they become soft and aromatic. Once cooked place into a separate bowl and set aside.

3) Add yellow split peas into the same pot and pour 2 cups of water place on a high heat for 15 minutes. After, add the other lentils, barley, potato, tropical seasoning, black pepper 1tsp of salt, thyme, black pepper, creamed coconut block and the sautéed ingredients stir in and simmer for a further 20 mins.

4) Soup should thicken and brighten in colour to a creamy yellow, ensure coconut block has completely dissolved and is cooked. Serve warming soup as a starter or main