

Curried Lentil Tomato and Coconut Soup

From **OTTOLENGHI SIMPLE** by Yotam Ottolenghi

Gluten free and dairy free and be made either vegan or with bone broth

"I like the rough texture of this soup - with the lentils still holding their shape and the cilantro distinct, but you can also blitz it before serving, if you prefer things smooth. This soup can be made 4 days in advance if kept in the fridge, and up to 1 month if frozen. Cilantro stems can all too often be thrown away, but they shouldn't be - they have the texture of chives and taste, unsurprisingly, of cilantro. Serve this soup with lime wedges, if you like for a citrusy kick." YO

Ingredients

4 servings

2 tablespoons virgin coconut oil or extra-virgin olive oil

1 medium onion, finely chopped

2 garlic cloves, finely chopped

2½-inch piece ginger, peeled, finely grated

1 tablespoon medium curry powder

¼ teaspoon crushed red pepper flakes (optional)

¾ cup red lentils

1 14.5-ounce can crushed tomatoes

2 ½ cups water or stock or a mixture of both

½ cup finely chopped cilantro, plus leaves with tender stems for serving

Kosher salt, freshly ground pepper

1 13.5-ounce can unsweetened coconut milk, shaken well

Lime wedges (for serving)

Preparation

Step 1

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to the saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes. Season soup with more salt and pepper if needed.

Step 2

To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.