Carrot-Lentil Soup (vegetarian)

A delicious, flavorful soup with healthy lentils. It can be quickly made and works great as a starter!

Preparation time: **15 min** + Cooking time: **40 min** = **Total time: 55 min**

1	bunch of coriander leaves
2	onions, finely chopped
2 tb.	olive oil
4	cloves of garlic
1	chili, finely chopped
500g	carrots, in slices
200g	red lentils (dried)
3 ts.	coriander (ground)
1 ts.	cardamom (ground)
3 ts.	cumin (ground)
2 ts.	grated coconut
1500ml	vegetable stock
250ml	coconut milk
	pepper
	salt

Simple Steps to Succeed

1. Remove the leaves of the coriander stem. You will need both, stem and leaves.
2. Brown the onions using the olive oil.
3. Add the garlic, chili and coriander stems. Stir, lightly fry and salt.
4. Add the carrots, lentils, 2 ts. of coriander, 1 ts. of cardamom, 2 ts. of cumin and grated coconut. Stir and lightly fry.
5. Deglaze with vegetable stock.
6. In a blender, puree the coriander leaves with 100ml of coconut milk. Add salt and pepper. Season to taste about 1 ts. of coriander and 1 ts. of cumin.
7. When the lentils are tender, blend in a blender (or a hand blender), then add the rest of the coconut milk.
8. Garnish the plates with the coriander-coconut froth.

Serve with bread.