



FAST. EASY. FRESH.

CURRIED COCONUT LENTIL SOUP WITH SPINACH, NAAN, AND BASMATI RICE

1. To start, combine your **rice** with 2 cups of water and a pinch of **salt** in a small pot. Bring to a boil, then reduce the heat to low, cover, and simmer gently for 12 to 15 minutes. Set aside.

2. Meanwhile, prep your ingredients. Peel and dice the **onion**, peel and mince the **garlic**, and dice the **yams**. Finely chop the **cilantro**. Cut the **limes** into wedges.

3. Next, heat the **olive oil** in a large pot over medium heat. When hot, add the **onion** and cook for 5 minutes until soft. Add the **ginger, garlic, and yam** and cook for another 2 minutes. Stir in the **curry powder** and **cayenne** and cook for another minute.

4. Add the **vegetable bouillon, water,** and **red lentils**. Season generously with **salt**. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer for 15-20 minutes, until the lentils are soft and the yams are tender.

5. Stir in the **coconut milk** and **spinach** and cook for 5 minutes. Remove from the heat and stir in the **cilantro**.

6. To serve, spoon the rice into dishes and top with the curry. Serve alongside the **naan** and **lime wedges**. Enjoy!



Ingredients (4 Person Serving – 863 Calories Per Serving)

Olive Oil	2 Tbsp.	Red Lentils	¾ Cup
Yellow Onion	1 Medium	Coconut Milk	1 400 ml Can
Minced Ginger	30 g	Baby Spinach	60 g
Garlic	2 Cloves	Basmati Rice	1 Cup
Yams	2 Medium	Cilantro	Small Bunch
Curry Powder	4 tsp.	Limes	2
Cayenne	½ tsp.	Naan	4
Vegetable Bouillon	3 tsp.	Salt and Pepper	To Taste
Water	4 Cups		

35 Minute Cook Time!