



High prebiotic recipe: Red lentil curry soup

This recipe makes 4 x 340g serves

Ingredients:

- ¾ cup red lentils
- 2/3 large leek bulb (white bit only) medium diced
- ¾ medium green chilli (optional) finely chopped
- 2 cloves garlic finely chopped
- 1 ½ stalk curry leaves (optional but try to include) discard stems
- 1 ¼ tsp salt
- 1 ¼ tsp turmeric
- 2 tsp curry powder (roasted, Sri Lankan if possible)
- 1 ¾ tbsp. coconut milk powder (canned coconut cream can be used)
- 1/8 savoy cabbage (medium diced)
- 950ml chicken stock (substitute with water for vegetarian)
- ¼ bunch coriander leaves (roughly chopped)

To serve:

- 1 spoonful per serve yoghurt (Greek yoghurt is the best)
- 1 per serve naan bread (grilled or toasted)
- 6 per serve cashews (roasted and chopped)
- 1 sprig coriander for garnish

Method:

- Place all ingredients into a pot and bring to the boil over a high heat while stirring
- Reduce the heat and cook for about 20 minutes stirring occasionally – stir frequently
- Add chopped coriander after the heat has been turned off

Serving advice:

- Ladle into bowls
- Place a spoonful of yoghurt in the center
- Sprinkle with cashews and coriander leaves
- Serve along with naan bread

