30 min | 4 servings | Vegetarian

Lentil dahl

A golden, comforting soup with no stock cube and no salt.



INGREDIENTS

- 400 g carrots
- 150 g onions
- 20 g fresh ginger
- 1 garlic clove
- 200 g dried red or yellow lentils
- 650 g water
- 30 g oil + 1 tbsp butter
- 15 g mild curry paste
- 130 g re.garum Veggie
- 200 g baby spinach
- yoghurt and lime to serve

Contains: milk

METHOD

1. Roughly chop the carrots, onions, ginger and garlic. Fry them in a pot with the oil and butter. (5 min)
2. Add the curry paste and toast it for 30 seconds.
3. Add the lentils and water, cover and cook until the lentils are soft. (20 min)
4. Stir in the re.garum Veggie.
5. Turn off the heat and stir in the raw spinach: it wilts by itself.
6. Serve with a spoonful of yoghurt mixed with lime juice and zest.

Our tip: Blend half the soup for a creamier texture. It tastes even better the next day.

Chef version: Blend and pass through a sieve for a smooth velouté; mount with curry oil. Garnish with oven-crisped lentils and sprouts.