

GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



RED LENTIL, SWEET POTATO & COCONUT SOUP

This spicy lentil soup is a delicious vegan comfort food made with red lentils, curry paste and Alpro Coconut drink.

Serves 6

Prep time: 25 minutes

Cooking time: 30 minutes

INGREDIENTS

- 1 tbsp vegetable oil
- 1 large red onion, finely chopped
- 1 red pepper, deseeded & finely chopped
- 2 cloves garlic, peeled & finely chopped
- 90g Thai red curry paste
- 400g sweet potatoes, peeled & cut into 1 cm cubes
- 115g dried red split lentils
- 1 vegetable stock cube, dissolved in 500ml boiling water
- 500ml **Alpro Coconut drink**
- 3 tbsp fresh coriander
- Season to taste
- 4 x 1 tbsp **Alpro Plain No Sugars alternative to yogurt**, for swirling on top of the soup before serving

METHOD

1. Heat the oil in a large saucepan, add the onion and peppers and cook over a low heat for 10 minutes until softened but not coloured.
2. Add the garlic and red Thai paste and cook over a medium heat for 2-3 minutes, stirring well to combine the ingredients.
3. Add the sweet potato, lentils, and stock and bring to the boil.
4. Reduce the heat, add the **Alpro Coconut drink**, cover with a lid and simmer for 20-25 minutes.
5. Add the fresh coriander and allow to cool for a few minutes.
6. Carefully blend the soup until smooth using a liquidiser or blender.
7. Pour back in the pan and reheat and season to taste before serving.

Delicious served with a swirl of Alpro Plain alternative to yogurt & crusty bread.

Cooking for a crowd:

To serve 12: double the recipe ingredients. Prep time: 45 minutes. Cooking time: 55 minutes. Use a 4-litre saucepan.

TOP TIP:

For a variation why not use chickpeas instead of lentils. Change the Thai paste for Indian curry paste. If you have any leftover curry paste it can be stored in the fridge for up to a month. Use it to spice up pasta sauces, in marinades and roasted vegetables.