Main dishes / India

Curried Carrot & Red Lentil Soup

Sweet carrots and red lentils collapse into a velvety, sunset-orange purée warmed with ginger and curry spice, then rounded out with coconut milk and a sharp squeeze of lime.

Time 50 min **Servings** 4

What you'll need.

- ☐ 40 ml Neutral oil or ghee
- ☐ 250 g Yellow onion, chopped
- ☐ 25 g Fresh ginger, peeled and grated
- ☐ 700 g Carrots, peeled and sliced into coins
- ☐ 1500 ml Vegetable stock or water
- ☐ 25 ml Lime juice, fresh
- ☐ 0 to taste Cilantro leaves and chili flakes
- ☐ 1 tsp Cumin seeds
- ☐ 4 cloves Garlic, minced
- ☐ 15 g Mild curry powder
- ☐ 250 g Red lentils, rinsed until the water runs clear
- ☐ 400 ml Coconut milk, full-fat
- ☐ 0 to taste Kosher salt

Let's make it.

01 Heat oil in a 5–6 litre pot over medium heat. Add cumin seeds and let them sizzle 20–30 seconds until they darken a shade. Add onion with a pinch of salt and cook 7–8 minutes until soft and golden at the edges. Stir in garlic, ginger, and curry powder and cook 60 seconds, stirring constantly.

02 Add carrots, lentils, and stock. Bring to a boil, skim any foam, then simmer partially covered 25–30 minutes, stirring the bottom every so often (red lentils sink and catch), until carrots are completely tender and the lentils have dissolved.

03 Purée with an immersion blender until completely smooth (or blend in batches, filling the jar no more than half full and venting the lid). Stir in coconut milk and warm through without boiling. Add lime juice and salt to taste — usually 1.5–2 tsp. Thin with water to a pourable consistency. Garnish with cilantro and chili flakes. To freeze: cool in shallow containers, refrigerate within 2 hours, and freeze up to 3 months. It sets up thick when cold; loosen with water as it reheats and add fresh lime.

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Servings are an estimate; check quantities in the source recipe.
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