



Hot Coco Tara lentil and coconut soup

Ingredients for 4 persons:

1 Onion
1 Carrot
2 Chili peppers
2 tbsp. Vegetable oil
250 g Green lentils
800 ml Vegetable stock
100 g Cocktail tomatoes
400 ml Coco Tara Coconut Milk
2 Spring onions

Peel onion and carrot, cut into small pieces. Remove seeds from chili, and cut into small rings. Halve the cocktail tomatoes, and cut the spring onions into rings.

Heat oil in saucepan, sauté onions, carrot and chili. Add lentils, and add stock.

Simmer on low heat in covered saucepan for 45 minutes, until lentils are done. Stir occasionally.

Add Coco Tara Coconut Milk and bring to the boil again. Remove saucepan from heat. Season with salt and pepper to taste. Add halved tomatoes and spring onions to soup. Serve hot.