

Foodnity Recipes

Curry Lentil Soup: Quick 30 Minute Meal

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Indian-inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup red lentils, rinsed
- [ ] 1 large onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 4 cups vegetable broth
- [ ] 1 tablespoon olive oil

Spices & Finishing

- [ ] 2 tablespoons curry powder
- [ ] 1 can (14oz) full-fat coconut milk
- [ ] 1 tablespoon lemon juice
- [ ] Salt and black pepper to taste
- [ ] Fresh cilantro for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté for about 5 minutes until they are soft and translucent.
2. Stir in the minced garlic and grated ginger. Cook for just a minute more—until the smell fills the room, but be careful not to brown the garlic.
3. Add the curry powder and stir constantly for 30 seconds. This toasts the spices and releases all those deep, warm oils.
4. Pour in the rinsed red lentils and the vegetable broth. Stir well and bring the mixture to a gentle boil.
5. Reduce heat to low, cover the pot, and simmer for 15-20 minutes. You'll know it's ready when the lentils have softened and the soup has thickened.
6. Stir in the coconut milk and lemon juice. Let it warm through for 2 minutes, then season with salt and pepper to your liking.
7. Ladle the soup into bowls and garnish with fresh cilantro. Serve while it's still piping hot.

Nutrition per serving

280 kcal	12 g	26 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup is too thick for your liking, just stir in a little extra broth or water until it reaches the right consistency.
- For a bit of heat, add a pinch of cayenne pepper or some red chili flakes during the spice-toasting step.
- Rinsing the lentils is important to remove any dust or debris and ensures a cleaner taste.