



Portions: 4

Preparation time: 45 min

INGREDIENTS



- 1 red onion
- 2 cloves of garlic
- 1 tablespoon freshly grated ginger
- 2 medium-sized sweet potatoes
- 1 cup red lentils
- 2 tablespoons olive oil
- 1.5 litres vegetable stock
- 1 teaspoon coriander, ground
- 2 teaspoons curry powder
- 1 teaspoon mustard seeds
- 2 teaspoons turmeric
- 1 tablespoon tomato purée
- 1 teaspoon honey
- 1 green chilli, seeded
- 2 teaspoons curry powder
- Salt
- Pepper
- Squirt of lime juice
- 100 g Greek yoghurt or cream
- 2 tablespoons beetroot horseradish
- Chilli pepper, chopped into rings
- Mint leaves
- Caraway seeds, browned

Lentil sweet potato soup with *curry* and **beetroot horseradish**

PREPARATION



1. Peel ginger, onions and garlic and chop them finely. Peel sweet potatoes and cut into small pieces. Rinse lentils under cold water and drain in a sieve.
2. Heat oil in a pot. First, sauté the spices for 2–3 minutes. Add onions, ginger, tomato purée, chilli and honey and sauté for a few minutes more, adding the garlic last. Next, add sweet potatoes and lentils and continue to sauté. Pour on the sauce, bring to boil and leave to simmer at a medium heat for around 40 minutes until the potatoes and lentils are cooked. Next, mix with a hand blender until you have the consistency you want.
3. Add salt, pepper and lime juice to taste.
4. Pour soup into bowls and add a generous amount of yoghurt or cream and of beetroot horseradish. Garnish with chilli rings, mint leaves and caraway seeds. Naan bread is an ideal accompaniment.



Bon appétit!