Swiss chard & lentil soup with coconut

WAYS TO BE WELL

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Serves 4 | Vegan

Energy	Fat	Saturates	Sugar	Salt
1120 kJ 268 Kcal	15g	5.1g	6.8g	0.9g
13%	21%	26%	8%	14%
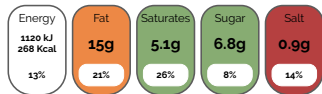
Adults need around 2000Kcal/84000kJ a day.
Tpical values per 100g: Energy 238kJ/57Kcal.

INGREDIENTS:

Soup
310g swiss chard
64g onions, peeled, diced
60g carrots, peeled, diced
4g garlic, peeled, chopped
6g ginger, peeled, chopped
6g red chilli, deseeded, chopped
20g coriander, stems chopped,
half leaves chopped

120g red lentils, washed, drained
40ml olive oil
1.5g black pepper
1.5g ground turmeric
1.5g ground cumin
1g ground cinnamon
1.5g ground coriander
3g salt

Garnish
16g coconut chips, lightly toasted
60g coconut yoghurt

METHOD:

1. Wash and prep the Swiss chard, roughly dice the steam and the finely chop the leaves.
2. Heat 70ml oil in a large pot over a medium heat. Add the onion, Swiss chard stems, and carrots. Cook, stirring occasionally, for 4- 5 minutes or until the onion is soft and light brown in colour, Add the garlic, ginger, chilli and coriander stems, cook for 2 mins.
3. Next add the spices, turmeric, ground coriander, cumin and cinnamon to the pot. Sauté for a minute or two. Mix in the lentils, pour in the HOW MUCH? water. Bring to a boil, season with salt and pepper to taste.
4. Reduce the heat to low, cover, and simmer for 20-25 minutes or until the lentils have melted into the soup and the vegetables are tender. Remove from the heat and blench the soup to a puree. Taste the soup and adjust seasoning if needed.
5. To finish; sauté the Swiss chard leaves in a pan with the remaining oil and add to the soup.
6. Place the soup in a bowl and top with a spoon of coconut yoghurt, toasted coconut chips and coriander leaves.