

Curried Red Lentil and Apricot Soup

<http://gggiraffe.blogspot.com/2013/11/ncr-curried-red-lentil-and-apricot-soup.html>

Adapted from *Ravi Soups* via [the taste space](#)

serves 4

254 calories/serving

1 tsp oil
1 onion, chopped
6 cloves garlic, chopped
1 tbsp ginger, finely grated
1 tbsp curry powder
4 cups water
1 cup red lentils
1 cup passata (sieved tomatoes)
40g (1/4 cup) dried apricots, chopped
Salt and pepper, to taste (I used 1.5 tsp salt)
1/3 cup of coconut milk
coriander, garnish

Heat oil over low heat in a large saucepan. Fry onion for about 10 minutes or until golden brown. Stir in garlic and ginger for a minute. Stir in curry for another minute. Add water, red lentils, passata, dried apricots and salt. Simmer for about 30 minutes or until lentils are cooked. Add coconut milk and roughly blend - a little texture is nice. Serves warm garnished with coriander.