



## Spicy Thai Yam and Lentil Soup

Inspired by the exotic, warm flavours of Thai cuisine, this antioxidant-rich soup features curry paste, which is a much more complex spice mix than curry powder.

- 1 Tbsp (15 mL) extra-virgin olive oil
- 1 onion, peeled and diced
- 2 Tbsp (30 mL) Thai curry paste
- 2 medium-sized red-skinned potatoes, peeled and cut into 1/2 in (1.25 cm) cubes
- 1 large orange-fleshed sweet potato, peeled and cut into 1/2 in (1.25 cm) cubes
- 2/3 cup (160 mL) red lentils
- 4 cups (1 L) low-sodium chicken or veggie stock
- 1 cup (250 mL) light coconut milk
- Freshly ground black pepper, to taste
- 2 Tbsp (30 mL) chopped cilantro or pea shoots, for garnish (optional)

Heat olive oil over medium heat in large stockpot. Add onion and stir until onion is soft, about 3 to 5 minutes.

## THAI CURRY PASTE

Look for it in the ethnic food section or at a specialty food shop.

Add curry paste and cook for 1 minute more.

Add potatoes, lentils, and stock and bring to a boil, then lower heat to a slow simmer for about 20 minutes, or until lentils are cooked and potatoes are soft. Stir in coconut milk and gently heat through.

Season with ground pepper and ladle into bowls, topping with cilantro or pea shoots for a decorative garnish. Serve with toasted pita triangles or gluten-free crackers.

Serves 4.

Each serving contains: 417 calories; 18 g protein; 13 g total fat (4 g sat. fat, 0 g trans fat); 61 g total carbohydrates (8 g sugars, 8 g fibre); 384 mg sodium **a**

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