



SPLIT PEA AND COCONUT SOUP WITH COCONUT YOGURT

2 tbsp coconut oil
1/2 tsp red mustard seeds
1/2 tsp fenugreek
1 small onion
2 garlic cloves
1 knob ginger
1 tsp ground coriander
1 tsp tumeric
1 tsp dried chilli or fresh
10 curry leaves (or basil if you dont have)
3 tomatoes, finely chopped
1 can coconut milk
250 grams yellow split peas
1 litre of stock or water
handful of spinach and coconut yogurt to serve

Heat oil in pan, add fenugreek and mustard seeds until they pop. Add onions, garlic, ginger and cook for a few minutes. Add all spices, curry leaves until aromatic, add tomato, coconut milk, split peas and stock. Bring to a simmer and cook around 30-40 minutes until peas are cooked.

Serve topped with yogurt and spinach, coriander leaves.