



# Wild Atlantic Way Yoga

Wild Atlantic Way Yoga  
The Farmhouse  
Dooneen Upper  
Old Head of Kinsale  
Cork  
Republic of Ireland

Yoga Wellness Day

## Lunch Recipe

### *Coconut, Sweet Potato and Lentil Soup*



I love this recipe, it's a one pot wonder and it will make enough for approximately 4 people. We eat half on the day and put the other half into two sealed freezer bags and freeze them for another day. Because of this, it's a good idea to keep the pasta/rice/noodles separate from the main pot. They won't freeze as well.

There is a long list of ingredients, if you don't have or can't find some of the ingredients don't worry. I've put down lots of alternatives. Aim for the the key ingredients which are the lentils, vegetable stock cube, vegetables, salt, pepper, curry powder, onions, garlic, ginger and a tin of coconut milk.

## INGREDIENTS

2 tablespoons extra virgin olive oil (can use coconut oil or sunflower oil)

1/2 medium white onion, chopped (any type of onion will do).

1 inch fresh ginger, grated or finely chopped (can substitute dried ginger powder if need be)

2 cloves garlic, minced or finely chopped (can substitute 2 teaspoons of granulated garlic)

2 sweet potatoes, peeled and evenly cubed (ordinary potatoes can be used or half a cauliflower)

1 tablespoon yellow curry powder (any curry powder can be used)

1/2 teaspoon cayenne pepper, more or less to taste (Can substitute chills powder, paprika powder or regular black or white pepper)

4 cups of low-sodium vegetable broth or water. I use an organic vegetable bouillon cube

3/4 cup dried red lentils (or any lentils)

2 pinches of salt

1 can (14 ounce) coconut milk

2 cups baby spinach or (options to use kale, frozen peas, or chopped broccoli)

1/4 cup per person of cooked rice, brown, white whichever type of rice you can find. You can use noodles or even pasta to soak up the flavour

1/3 cup freshly chopped cilantro, or parsley (If using dried herb, follow measurements on package)

Fresh bread to serve (if you're really hungry!!!)

## INSTRUCTIONS

### *STOVE-TOP*

1. Heat the oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the ginger, garlic, and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry powder and cayenne and cook another minute.
2. Add the broth and lentils, (if using broccoli instead of spinach, add it here). Season generously with salt, add the rice. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Cook the rice in a separate pot, (if it's white rice rinse it with water about 3 times to reduce the starch, brown rice doesn't need to be rinsed). I normally cover it with cold water (about an inch of water over the rice), bring to the boil, stir then reduce heat and simmer for about 10 mins.
  
3. If you're using pasta instead of rice, cover it in a pot with boiling water. Fresh pasta/noodles takes about 3 mins. Dried pasta will take about 8 mins or so.
4. Stir in the coconut milk and spinach into your main dish, cook for 5 minutes. Remove from the heat and add the cilantro.
4. To serve, divide the cooked pasta / rice among bowls and cover with your 2 large ladles of your soup. Garnish with cilantro. Serve with bread and enjoy!!