

Thai Red Lentil Soup

This recipe was provided by Sally Roeckell of [Table and Dish](#) and was originally published at [365Barrington.com](#).

Ingredients

- 4 oz. sugar snap peas (about 12 snap peas)
- 3 Tbsp. olive oil
- 1 medium onion, sliced very thin
- 1 1/2 Tbsp. red curry paste (add more if you like it spicy)
- 1 1/4 cup dried red lentils
- 2 stalks lemongrass, lightly crushes
- Peel from 1 lime, peeled into strips with a vegetable peeler
- 3 cups water, vegetable stock or chicken stock
- 1 can coconut milk (plus extra for optional garnish)
- 4-5 Tbsp. lime juice
- 2 1/2 Tbsp. Soy Sauce
- Cilantro, coarsely chopped or garnish (optional)
- Chili oil or hot sauce for garnish (optional)
- 4 lime wedges, for serving (optional)



Instructions

1. In a small pot of boiling, salted water, blanch snap peas for 30-40 seconds. Drain and rinse under cold water. Slice into thin strips on the diagonal. Set aside.
2. In a large pot, heat oil on medium. Add onions and sauté for 6-7 minutes to soften and develop sweetness. Add the red curry paste and sauté for 1 minute. Add the lemongrass, lime peel and lentils. Stir to coat everything well.
3. Add water or stock of your choice and bring it to a boil.
4. Lower the heat to a bare simmer and cover the pot.
5. Simmer for 20-30 minutes, stirring soup once or twice. Lentils should be completely soft and the soup may look a little thick.
6. Remove the lemongrass and lime peels.
7. Blend soup in a blender or with an immersion blender until completely smooth.
8. Put the soup back into the pot. Add the coconut milk, lime juice and soy sauce. If the soup is too thick, add a little extra stock or water.
9. Bring back to a boil for 1 minute and remove from the heat.
10. Taste and adjust the soy sauce, salt or lime juice, if needed.
11. Ladle the soup into bowls and garnish with sugar snap peas, cilantro and a drizzle of chili oil. Serve with extra lime wedges on the side.