RED LENTIL AND COCONUT

**Ingredients**

100g of red lentils
200ml of coconut milk
400ml of vegetable stock
1 large red onion – finely chopped
2 cloves of garlic – finely chopped
1 fresh green chilli – finely chopped
2 fresh lemon grass stalks – bruised
Olive oil

**METHOD**

* Start by bashing the lemon grass. Use the butt of a large knife or something with plenty of weight behind it. This will split and bruise the stalk and allow the wonderful fresh oils to leach out of the lemon grass into the dish.
* Saute the onion, garlic, chilli, and lemon grass in a little olive oil with a pinch of salt, until the onion has softened.
* Add in the lentils and the coconut milk, and allow to simmer for 3-4 minutes.
* Start adding the vegetable stock little by little. Keep doing this until the lentils have softened and partially broken down, which usually takes about 20-25 minutes.
* Cook for a further 30mn, then blend.