

Linsen-Bananensuppe

500 g orange lentils
3 bananas sliced
2 l vegetable broth
2 onions
3 tsp curry
1 tsp anis
1 curryleaf
250 ml cream
½ cup white wine vinegar
1 squeezed lemon
4 tbsp roasted sesame seeds

- ❖ fry onions in olive oil until translucent
- ❖ add bananas and fry until brown
- ❖ add lentils and vegetable broth
- ❖ boil and then simmer for about 25 min
- ❖ add curry, curry leaf, anis
- ❖ simmer for 3 min
- ❖ add cream
- ❖ blend everything
- ❖ add white wine vinegar and augment heat for 3 min
- ❖ add lemon and sesame

now serve