

# Spiced Lentil Soup

This warming soup is perfect for a blustery day; it is simple and nutritious and warms you through and through! It is lovely served with warm pitta breads or naan and natural yoghurt. See the Naan Bread recipe on our website.



Celery, egg, milk, mustard and wheat (gluten)\*

Nutritional information per portion (327g):

Energy	Fat	Saturates	Sugars	Salt
593kJ 141kcal 7%	3.6g 5%	0.6g 3%	5.9g 7%	0.37g 6%

of an adult's reference intake.  
Typical values per 100g: energy 181kJ/43kcal.

## Equipment

Weighing scales  
Sieve  
Colander  
Peeler  
Chopping board  
Sharp knife  
Kettle  
Measuring jug  
Wooden spoon  
Small bowl  
Measuring spoons  
Large saucepan with lid  
Pan stand  
Ladle  
Blender  
Mixing bowl

## Ingredients

**Serves 6**  
150g red lentils  
4 medium carrots  
2 medium onions  
1 reduced-salt vegetable stock cube  
1 litre water (for stock)  
1 x 15ml spoon vegetable oil  
1 x 5ml spoon ground cumin  
Pinch dried chilli flakes OR  
1 x 5ml spoon curry powder  
100ml semi-skimmed milk (optional)  
Ground black pepper (optional)  
**To serve**  
50g low-fat natural yoghurt (optional)  
20g fresh coriander, chopped

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- When blending soup it is important not to overfill the blender. Always half fill, hold down the lid and cover the top with a tea towel.
- For a more chunky soup, blend only half of the mixture and then combine with the unblended soup.
- A 'pinch' is the amount you can hold between your thumb and first finger.

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## Method

1. Weigh the lentils and rinse under cold water.
2. Wash, peel and finely dice the carrots.
3. Peel and finely chop the onions.
4. Measure 1 litre of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
5. Put the vegetable oil, carrots and onions in the saucepan over a medium heat. Stir for 3–4 minutes until the onions are soft.
6. Add the lentils (they do not require soaking prior to cooking), cumin and chilli flakes or curry powder and stir over a medium heat for 1 minute.
7. Add the stock and milk (if using) and bring to the boil. Reduce the heat, cover and simmer for 30 minutes or until the lentils and carrots are soft.
8. Ladle half of the soup into the blender. Holding a tea towel over the lid, blend until smooth and pour into a mixing bowl.
9. Repeat for the remaining mixture.
10. Season with black pepper to taste (if using).
11. Add 1 x 15ml spoon of natural yoghurt (if using), and 1 x 5ml spoon of finely chopped coriander to serve.

## Something to try next time

- For an exciting chunky alternative, add in 200ml of reduced-fat coconut milk and stir in 100g of cooked shredded chicken after blending the soup.

## Prepare now, eat later

- Prepare the vegetables the day before and keep these in sealed bags in the fridge.
- To freeze, cool the soup as quickly as possible then pour into a large freezer bag inside a plastic container. Defrost thoroughly and reheat until bubbling hot.

### Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.