



Speedy  
Lunch

## Spiced Carrot and Lentil Soup

### Ingredients

- 600g carrots, grated
- 140g split red lentils
- 125ml milk
- 1 litre low salt vegetable stock
- 1 tbsp olive oil
- 2 tsp cumin seeds, pinch of chilli seeds

### Method

1. Heat a large pan and dry-fry the cumin seeds and chilli flakes for 1 minute. Remove half from the pan
2. Add the oil, carrots, red lentils, 1 litre of hot vegetable stock and milk to the pan. Bring to the boil and simmer for 15 minutes
3. Whizz the soup with a hand blender or in a food processor until smooth (or leave chunky if preferred)
4. Serve with a dollop of yogurt and a sprinkling of the toasted spices

### Serve with

- Plain yogurt, topping
- Flatbread