



SPICED CARROT & LENTIL SOUP



SERVINGS:
4 ADULTS



TIME:
25 MINS



DIFFICULTY:
EASY



COST:
££££

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

Serve with

- Plain yogurt, topping
- Flatbread

SCAN ME



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.