

SPICED CARROT AND LENTIL SOUP

INGREDIENTS

- 2 tsp of cumin seeds
- Pinch of dried chilli flakes
- 2 tbsp of olive oil
- 600g 1lb of carrots grated (no need to peel)
- 140g (5oz) red split lentils
- 700ml / 1.1/4 vegetable stock
- 125ml 4fluid oz milk
- Couple of spoonfuls of Greek yogurt or creme fresh.

You can make this in a slow cooker if you want to.

Add all the ingredients into the slow cooker and cook on high for 3 hours.

Once cooked add the milk and stir in.



Instructions:

- In a heavy based saucepan add the oil,
- Fry half of the cumin and chilli flakes in the oil until fragrant,
- Add the carrots lentils and stock into the pot and simmer for 20-30 mins
- Until the lentils are soft.
- Add the milk.
- Place in a food processor and blitz until smooth

(if you like the soup a little chunky only blitz half the soup and stir in the remainder for a chunkier texture)

To serve

In a small pan dry fry the other half of the cumin and chill flakes until they release the aroma. Place the soup into a warmed bowl add a spoon of the yogurt and sprinkle the seeds and a few coriander leaves and enjoy with some soda bread.