

Spiced carrot and lentil soup

50 Minutes

Serves 4

Easy

Check out our simple red lentil soup recipe with lightly spiced curried carrots. This veggie soup is easy to make and under 300 calories

Ingredients

groundnut oil 2 tbsp

onions 2, diced

carrots 500g, diced

mild curry powder 1 tbsp

red lentils 4 tbsp

vegetable stock 1.5 litres

cumin seeds 1 tsp

coconut yogurt or natural yogurt 4
tbsp

coriander a small bunch, leaves picked

Method

STEP 1

Heat 1 tbsp of oil in a large pan and soften the onions and carrots for 10 minutes. Add the curry powder and fry for 2 minutes before adding the lentils and stock. Bring to the boil and simmer for 20 minutes until the carrots are tender and lentils soft. Season with pepper and a little salt if it needs it.

STEP 2

Take off the heat and blend until smooth using a stick blender (or blend in a food processor then pour back into the pan to reheat).

STEP 3

Heat the rest of the oil in a small frying pan then sizzle the cumin seeds until golden and fragrant.

STEP 4

Top each bowl of soup with a spoonful of yogurt, the cumin seeds and a sprinkle of coriander leaves.

Nutritional Information

Kcals 252	Fat 8.6g	Saturates 2g	Carbs 30g	Sugars 19.2g	Fibre 10.2g	Protein 8.6g
Salt 1.1g						

<https://www.olivemagazine.com/recipes/vegetarian/spiced-carrot-and-lentil-soup/>