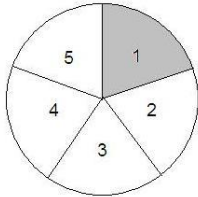


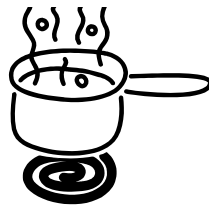
Spicy Lentil & Carrot Soup

Serves 6

Portions of fruit and vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains milk

May contains cereals containing gluten, celery, soya

Ingredients	Amount	Preparation
split red lentils	125g (4oz)	
vegetable stock	2 cubes in 1 litre (2 pints) water	mix stock cubes with boiling water
carrots	350g (12oz - approx 7)	sliced
onions	2 medium	chopped
canned chopped tomatoes	225g (just over $\frac{1}{2}$ can)	
garlic	2 cloves	chopped or crushed
vegetable oil	1 dessertspoon	
ground cumin	1 teaspoon	
ground coriander	$\frac{1}{2}$ teaspoon	
fresh chilli or chilli powder	1 small fresh or 1 teaspoon powder	fresh: deseeded & chopped
turmeric powder	$\frac{1}{2}$ teaspoon	
lemon juice	1 tablespoon	
skimmed or semi skimmed milk	250mls ($\frac{1}{2}$ pint)	
fresh coriander	2 tablespoons	chopped

Please Turn Over



Method

- 1 Place the lentils in a sieve and rinse well under cold water. Drain and place in a large saucepan with 800ml (1½ pints) of the stock, the carrots, onions, tomatoes and garlic. Bring the mixture to the boil, reduce the heat, cover with a lid and simmer for 30 minutes until the vegetables and lentils are tender.
- 2 Meanwhile heat the oil in a small pan, add the cumin, ground coriander, chilli and turmeric and fry over a low heat for 1 minute. Remove from the heat and stir in the lemon juice.
- 3 Blend the vegetable and lentil mixture with a hand blender or food processor until smooth, add the spice mixture and remaining stock, then simmer for another 10 minutes.
- 4 Add the milk and fresh chopped coriander and cook gently for a few minutes until heated through. Do not boil over.
- 5 Serve.

146 calories		Per serving
Fat	LOW	2.9g
Saturates	LOW	0.7g
Sugars	LOW	10.8g
Salt	MEDIUM	1.0g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with wholemeal or granary bread or pitta bread.
- Lentils count towards your 5-a-day and are a good source of protein, iron and fibre.
- A swirl of low fat natural yoghurt can be added to garnish.

