

Spiced Carrot and Lentil Soup

Ingredients

2tsps cumin seeds

Few Chilli flakes (leave out if you don't like spicy dishes)

1tbsps olive oil

600g carrots

140g split red lentils

1 litre vegetable stock (2 stock cubes to 1 litre water)

125ml milk

N.B. To make dairy-free substitute milk with coconut milk

Notes

- Please bring 2 litre heatproof container to take home
- Check allergies of consumer before serving.
- Please wash your carrots at home

Method

- 1) Boil kettle and make up stock
- 2) Coarsely grate carrots leaving the skin on.
- 3) Heat oil and gently fry the cumin and chilli until a nice aroma can be smelt.
- 4) Add the carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 mins until the lentils have swollen and softened.
- 5) Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
- 6) Season to taste and finish
- 7) Reheat thoroughly at home and serve with warm Naan bread.

