



SPICED LENTIL SOUP

INGREDIENTS

- 150g frozen diced onion (or 1 onion)
- 150g frozen sliced peppers (or 1 pepper)
- 150g frozen sliced carrots (or 2 carrots)
- 2 tsp frozen garlic or 1 tsp garlic granules
- 100g dried red lentils
- 2 teaspoons tomato puree
- 1 teaspoon garam masala
- ¼ teaspoon ground cinnamon
- 1 teaspoon smoked paprika
- ½ teaspoon mixed herbs
- ¼ teaspoon chilli flakes – optional
- 1 reduced salt vegetable **stock cube**
- 900ml water
- black pepper

EQUIPMENT

- large saucepan, sharp knife,
- chopping board, wooden spoon,
- dessertspoon, teaspoon,
- measuring jug, can opener

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 25-30 minutes

ALLERGENS: cereals containing gluten, celery, mustard (in stock)

- 1 Place the frozen onion, pepper, carrot and garlic in the saucepan.
- 2 Add the lentils, puree, spices, herbs, chilli (if using) and stock cube and mix everything together.
- 3 Add $\frac{3}{4}$ of the water to the pan, then place the pan on the hob and bring to the boil. Reduce the heat and simmer for 20-25 minutes until the vegetables and lentils are soft.
- 4 Remove the pan from the heat and cool slightly. Then add the rest of the water and blend until smooth. If the soup is a little thick, add some more water.
- 5 Season the soup to taste with black pepper and serve with a sprinkling of fresh coriander (optional) and a wholemeal pitta bread.



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