

Spicy Carrot and Lentil Soup

Ingredients

- 2 teaspoons vegetable oil
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 2 carrots, coarsely grated
- 55g (2oz) split red lentils
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 850ml (1.5 pints) vegetable stock
- Freshly ground black pepper, to taste

Method: Serves: 6 | Prep time: 5-10 minutes | Cooking time: 15-20 minutes

1. Heat oil in a saucepan. Add onion and celery and cook until soft, stirring.
2. Add carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix.
3. Cover, bring to the boil, then simmer gently for 15-20 minutes or until carrots and lentils are soft, stirring occasionally.
4. Ladle into soup bowls. Serve hot with fresh crusty bread

