



LEEK & LENTIL SOUP

Serves 4

Ingredients

- 2 litre veg or ham stock
- 150 gms red lentils
- 6 carrots, finely chopped
- 2 medium leeks sliced
- Small handful of chopped parsley to serve (optional)

Method

1. Heat the stock in a large pan, bring to the boil.
2. Add the lentils and bring back to the boil and allow the lentils to soften for a few minutes
3. Add the carrots and leeks to the lentils and season
4. Bring back to the boil, then reduce the heat
5. Cover and simmer for 45-60 mins until the lentils have broken down
6. Scatter over the parsley, if using

