



LIGHTLY SPICED LENTIL & TOMATO SOUP

Serves 4

Ingredients

- 1 tbsp olive oil
- 1 onion, roughly chopped
- 2 celery sticks, roughly chopped
- 1 carrot, peeled and roughly chopped
- 1 garlic clove, crushed
- 1 tsp ground cumin
- ½ tsp ground coriander
- 175g split red lentils
- 1.2 litres vegetable stock
- 400g can plum tomatoes
- 2 tsp tomato purée
- 1 bay leaf
- **For garnishing**
- 4 tbsp Greek yoghurt
- 2 tbsp chopped fresh coriander

Method

1. Heat the oil in a saucepan.
2. Add the onion and cook over a low heat for 7–8 minutes, stirring occasionally, until beginning to soften.
3. Stir in the celery and carrot and cook for 3 minutes, stirring frequently.
4. Add the garlic, cumin and coriander and cook for a further minute, stirring constantly.
5. Add the lentils, stock, tomatoes with their juice, tomato purée and bay leaf.
6. Bring to the boil, reduce the heat, then half-cover the pan with a lid and simmer for 25–30 minutes until the lentils and vegetables are very soft.
7. Meanwhile, stir the coriander into the yoghurt for the garnish.
8. Remove the bay leaf from the soup.
9. Blend the soup in the pan using a hand-held blender, (or tip into a blender or food processor, process until smooth), then return the soup to the pan.
10. Check the consistency; it will be fairly thick, so if you prefer it thinner, dilute with more stock.
11. Season to taste, then reheat until just bubbling.
12. Serve drizzled with some of the coriander yoghurt

