



# Paula Mee recipe

## red lentil, carrot and chilli soup

### INGREDIENTS

Makes 4 small bowls

- 1 small onion
- 1-2 garlic cloves
- 2 carrots, diced
- 125g red lentils, rinsed
- ¼ tsp dried cumin
- ¼ tsp dried ginger
- ¼ tsp dried coriander
- 750 ml vegetable stock  
(use low salt stock cubes)
- ½ red chilli
- Chopped fresh coriander (optional)



### DIRECTIONS

Peel and dice a small onion. Pop it into a saucepan and add 1 or 2 crushed cloves of garlic. Soften these in a little olive oil over a medium heat.

Add in 2 diced carrots and 125g of rinsed red lentils.

Add in ¼ tsp dried cumin, ¼ tsp dried ginger and ¼ tsp dried coriander, and 750 ml vegetable stock.

Cook until the carrots and the lentils have softened.

For an extra kick add in ½ a red chilli, sliced finely, and then whiz it with the blender and add some chopped fresh coriander.

Now serve up and enjoy.