

Lentil pepper soup



250g red lentils

2 pints cold water or vegetable/
chicken stock (see recipes on page 58)

1 medium sized white onion, chopped

3 garlic cloves, chopped

1½ tsps cumin

½ tsp ground coriander

½ tsp paprika

1 bay leaf

3 medium carrots, peeled and
diced

1 red pepper, diced

2 small red onions, finely sliced

juice of half a lemon

¼ tsp black pepper

In a large saucepan set over high heat,
bring lentils and stock/water to a boil.

Stir in white onion, garlic, spices and
bay leaf. Reduce heat to medium/low.

Cover and simmer for 5 minutes.

Stir in the carrots and red pepper, cover
and simmer for around 15 minutes until
the carrots are tender.

Stir in red onion, lemon juice and
black pepper.

Cook for a further 10 minutes then serve.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days or freeze on
same day.*

SERVES 4



PER SERVING:

224 Calories

34g Carbs

13g Protein

4g Fat

