

Ingredients

	5 SERVES	25 SERVES	50 SERVES
Medium brown onion	1	5	10
Garlic clove	1	5	10
Fresh ginger	20g	100g	200g
Extra Virgin Olive Oil	1 tbsp	¼ cup	½ cup
Ground Cumin	1 tsp	5 tsp	2 ½ tbsp
Ground Coriander	1 tsp	5 tsp	2 ½ tbsp
Turmeric	½ tsp	2 ½ tsp	1 tbsp
Cinnamon	½ tsp	2 ½ tsp	1 tbsp
Vegetable stock	1L	5L	10L
Dried red lentils	1 cup	5 cups	10 cups
White potato - large	1	5	10
Carrot	1	5	10
Cauliflower -small	½	2 ½	5
Greek yoghurt	100g	500g	1kg



Method

1. Peel and dice onion. Heat oil in a saucepan on medium heat and fry onion until soft.
2. Once onion is softened, add finely grated ginger and garlic, along with cumin, coriander, turmeric and cinnamon, stir and cook for one minute.
3. Add vegetable stock and lentils and bring to the boil.
4. Chop potato, carrot and cauliflower into bite sized pieces and add to saucepan.
5. Bring back to the boil and then turn down to a simmer for 15 minutes or until vegetables are soft.
6. Serve with a dollop of Greek yoghurt and cracked pepper.

Nutrition, hints and tips

- ***This soup is a great source of protein and fibre***

- ***Try serving with fresh coriander or parsley***
- ***Zucchini, sweet potato, or pumpkin can be used as a substitute vegetable***