

Spiced Lentil Soup



Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes

Dietary: GF, V

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 4 garlic cloves, chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground ginger
- 2 tablespoons tomato paste
- 400g can chopped tomatoes
- 2 x 400g cans lentils, rinsed, drained
- 2 cups (500ml) vegetable stock or chicken stock
- 1/2 bunch kale (stalks removed) or English Spinach, chopped
- Thick Greek-style yoghurt, to serve

Method

1. Heat oil in a large saucepan over medium heat.
2. Add onion, carrot and celery, and cook, stirring, for 3-4 minutes until softened.
3. Add garlic, spices and tomato paste, and cook, stirring, for 2-3 minutes until fragrant.
4. Add tomato, lentils, stock and 3 cups (750ml) water.
5. Bring to a simmer, then cook for 6-8 minutes for flavours to infuse.
6. Stir in kale and cook for a further 1-2 minutes until kale is wilted.
7. Remove from heat and divide soup among bowls. Top with yoghurt to serve.

Dietitian's Tip: You can substitute the canned lentils in this recipe with 200g dried red lentils and cook for a little longer until soft. This soup is a great way to use up vegetables in your crisper – try adding potato, pumpkin, zucchini or squash.