

# **SPICED CARROT AND LENTIL SOUP**

## **INGREDIENTS**

- **300G CARROTS, SCRUBBED AND CHOPPED**
- **60G RED SPLIT LENTILS**
- **750ML HOT VEGTABLE STOCK**
- **1/2 TEASPOON GROUND CORIANDER**
- **SALT AND PEPPER**
- **2 TABLESPOONS SOURED CREAM (OPTIONAL)**
- **1/4 TEASPOON CORIANDER SEEDS, CRUSHED (OPTIONAL)**

## **METHOD**

1. **PUT THE CARROTS INTO A PAN WITH THE LENTILS, STOCK, GROUND CORIANDER AND SEASONING. BRING TO THE BOIL AND SIMMER FOR 25**

**MINUTES UNTIL CARROTS ARE TENDER.**

- 2. POUR THE SOUP INTO A BLENDER AND WHIZZ UNTIL SMOOTH.**
- 3. SERVE TOPPED WITH A SPOONFUL OF SOURED CREAM AND A SPRINKLING OF CRUSHED CORIANDER SEEDS, IF YOU LIKE.**

**A DELICIOUS, SPICY LENTIL AND CARROT SOUP IS THE PERFECT LUNCH TIME SNACK IF YOU ARE WATCHING YOUR WEIGHT. AT JUST 179 CALORIES THIS TASTY SOUP IS A DIET MUST HAVE.**



