

Spiced red lentil soup

Ingredients

- 1 onion
- 1 carrot
- 100gms Red lentils
- 400ml water
- ½ tsp ground coriander
- ½ tsp ground cumin
- 1 clove garlic
- ½ tsp ground ginger



Method

- 1 Chop the carrot and the onion into small dice, slice the garlic and add to the pan.
- 2 Add the red lentils and the water and bring to the boil.
- 3 Then add the spices and simmer until the carrots and lentils are tender.
- 4 Take off the heat and liquidise until the soup is smooth.
- 5 serve with warm pitta bread.