

Aromatic Lentil Soup

Warming and nourishing, this soup is packed full of protein and magical Indian and Middle-Eastern spices. It went down so well at our Pantry that we had to rush the recipe onto our website! Serves 6.

Ingredients

- Olive oil
- 1 tsp black mustard seeds
- 1 white onion, finely chopped
- ½ tsp garlic paste and ½ tsp ginger paste
- 2 red chillies, finely chopped
- 1 tsp baharat
- ½ tsp ground turmeric
- 1 tomato, diced
- 200g red lentils
- 400ml tin coconut milk
- 20g stock powder (or two stock cubes)
- 1 tsp salt
- Juice of 1 lemon
- Coriander leaves and crispy fried onions (optional)



Method

- Finely chop the onions.
- De-seed and finely chop the chillies.
- Dice the tomatoes into small cubes.
- Coat the base of a large saucepan with a thin layer of oil, add the mustard seeds, then fry over a medium-high heat for 2 mins until they start to pop.
- Add the onion, garlic, ginger, chillies, baharat and turmeric, and sauté until the onions begin to turn light brown.
- Add the tomatoes and sauté until they soften.
- Add the lentils, coconut milk, 1 litre water, the stock powder and salt, and simmer over a medium heat for 30 mins until thickened and the lentils are cooked.
- Add the lemon juice, starting with the juice of ½ and then add more to taste.
- Simmer for a further five minutes.
- To serve, either purée the soup or leave as it is for more texture.
- Serve garnished with crispy fried onions and coriander leaves on top.