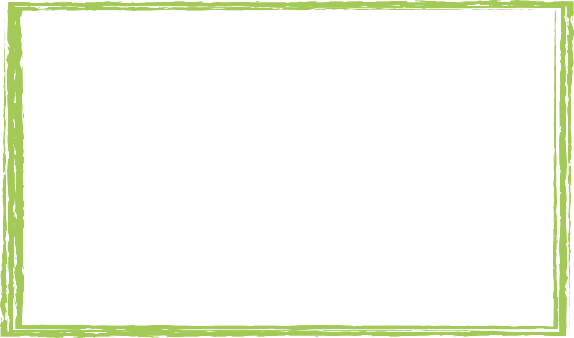
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**Red Lentil and Vegetable Soup**

**This lightly spiced soup is both quick to make and packed with goodness. Your choice of vegetables can vary according to the season to make this a highly affordable dish. Lentils, once banished to the arts and crafts section at infant’s schools have a delicious earthy and nutty flavour. They also contain high levels of soluble fibre, helping to slow down digestion and stabilising blood sugar levels.**

A green spoon and fork

Description automatically generated**Serves 2**

**Ingredients**

* ½ Onion
* ¼ Sweet potato
* ½ Celery stick
* 1 x small carrot
* ½ Parsnip
* 1 garlic clove
* 50g Red Lentils
* 1 Small handful of chopped Coriander
* 1 tsp Curry powder
* 1 tbsp Olive Oil
* 500ml Water

**Method**

1. Wash all of the vegetables and lentils.
2. Roughly chop all of the vegetables and add to a sauce pan along with the olive oil.
3. Gently sweat off all of the vegetables on a medium – low heat for 10 minutes until nice and softened.
4. Add the curry powder and continue to cook for another 2 minutes.
5. Now add the lentils, followed by the water and bring to the boil. Once boiling reduce to a gentle simmer and cook for roughly 15 minutes or until the lentils and vegetables are nice and soft.
6. To finish add the coriander, season with a little salt and pepper, and then serve chunky or blend for a smooth soup.