



LENTIL & VEG SOUP

WITH WHITE PEPPER,
CITRUS & CHILLI

Time: 10 minutes

Serves: 2

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This is a regular favourite in my family.
It is super quick, nutritious and flavourful.

I also love this soup because it is packed with contrasting flavours that work so well together. The vegetable and lentil soup is creamy, the chilli and white pepper add the heat, and the bursts of cool, tangy citrus are a real treat.

Vitamin C (from the citrus) increases the absorption of iron from the red lentils by four fold.

I blend this soup for my kids, but eat it as a broth myself - try whichever works best for you.

Enjoy!





INGREDIENTS

Legumes & Lentils

100g Red Split Lentils

Wholegrains

75g Sweetcorn

Fruit & Veg

80g Sweet potato (diced)
1 Carrot (medium, diced)
2-3 Mushrooms (medium, diced)
80g Broccoli (chopped roughly)
1 Satsuma, divided & sliced
OR
A handful of pomegranate seeds

Spices

1 Vegetable stock cube
to taste: Red chilli flakes
to taste: White pepper

Water

1 litre (adjust for if you prefer a thin or thicker soup)

METHOD

1. Rinse your lentils until the water runs clear.
2. Dice all of your vegetables.
3. Add your washed lentils to a saucepan and add a litre of boiling water.
4. Place on a medium heat.
5. Crumble in your vegetable stock cube.
6. Add in your vegetables. Start with the sweet potato and carrots if you are still dicing these as these take the longest to cook.
7. Once the water has come to a boil, turn it down to a simmer and place the lid on the saucepan.
8. Cook for 7 minutes, stirring occasionally.
9. After 7 minutes check that the lentils have lost their shape and that you can slice through a cube of sweet potato or carrot with the side of a spoon to make sure they are cooked through.
10. At this point you can either blend it to a smooth soup, or eat as a broth.
11. Add frozen sweetcorn which will thaw in the hot soup and cool it to eating temperature.
12. Add a sprinkle of chilli flakes and white pepper.
13. Peel and halve satsuma segments and add. Otherwise sprinkle with a handful of pomegranate seeds.

Plate up and enjoy!