



Spiced Lentil Soup with Lime and Mint



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Ingredients (serves 4)

- 1 tbsp cold pressed rapeseed oil
- 1 tbsp medium curry powder (use a good quality one)
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 4cm piece fresh root ginger, peeled and finely chopped
- 1 tsp cumin seeds
- 200g red lentils, rinsed in cold water and drained
- 1.5 litres chicken or vegetable stock
- 50g sultanas
- salt and freshly ground black pepper to season
- grated zest and juice of 1 lime
- 2 tbsp fresh mint, coarsely chopped (reserve some for garnish)
- 150g natural yogurt

Method

Place a large saucepan on the hob over a medium heat. Add the oil and when hot add in the onions, curry powder, garlic, ginger and cumin seeds and fry gently until the onions become soft for about 3 mins.

Add the lentils and stock and bring to the boil, stirring occasionally. Turn the heat down and simmer gently for 20 minutes. Add the sultanas and cook for another 10 mins.

Add the lime zest and juice and most of the mint (saving some for garnish) and stir in. Taste to check the seasoning and add pepper and salt if necessary. Depending on your stock you may not need to add any salt.

Ladle into bowls and spoon a dollop of yogurt on to each and finish with a sprinkling of mint.

Serve with warm naan bread or chapattis.

TIP: If making the soup for two, you could make the full amount and freeze what's left. The remaining soup can be used for the base of a curry, just add vegetables, such as aubergine, spinach, tomato or whatever you like. Simmer until the vegetables are soft, adding a little water if the sauce becomes too dry.