



Chickpea chilli lentil soup

Ingredients

- 2 tsp cumin seeds
- Large pinch of chilli flakes
- 1 tbsp olive oil
- 1 red onion, chopped
- 140g red split lentils
- 850ml vegetable stock (or water)
- 400g can chopped or whole tomatoes
- 200g can chickpeas (or ½ of a 400g can), drained and rinsed
- Small bunch of coriander, roughly chopped (reserve some for garnish)
- 4 tbsp 0% Greek yogurt, to serve
- Salt & black pepper, to taste

Instructions

1. Toast the Spices

In a large saucepan over medium heat, dry-fry the cumin seeds and chilli flakes for about 1 minute, until fragrant and starting to pop.

2. Sauté the Onion

Add the olive oil and chopped red onion. Cook for 5 minutes, until soft and translucent.

3. Simmer the Base

Stir in the red lentils, vegetable stock, and canned tomatoes (break up whole tomatoes if using). Bring to a boil, then reduce the heat and simmer for 15 minutes, or until the lentils are soft.

4. Blend the Soup

Use a stick blender to partially purée the soup until thick and smooth with some texture left. Alternatively, blend in batches using a food processor, then return to the pan.

5. Add Chickpeas & Herbs

Stir in the chickpeas and chopped coriander, keeping a few leaves aside for garnish. Season well with salt and pepper, and warm through gently.

6. Serve

Ladle into bowls, top each with a spoonful of Greek yogurt, a few coriander leaves, and an optional drizzle of olive oil or sprinkle of paprika for extra flair.

Nutrition Facts Per serving (1/4 of recipe)

- Calories: 265 kcal
- Protein: 15g
- Carbohydrates: 33g
 - Sugars: 7g
 - Fiber: 9g
- Total Fat: 8g
 - Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 530mg (*varies depending on stock used*)
- Calcium: 100mg (≈10% DV)
- Iron: 4mg (≈22% DV)
- Potassium: 800mg