



# Spiced carrot lentil soup

## Ingredients

- 2 tsp cumin seeds
- Pinch of chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1L hot vegetable stock (cube or homemade)
- 125ml milk (or use a plant-based milk for a dairy-free version)
- Plain yogurt, to serve
- Naan bread, to serve

## Instructions

### 1. Toast the Spices

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

### 2. Set Some Aside

Spoon out half of the toasted spices and set aside for garnishing later.

### 3. Build the Base

Add the olive oil to the pan, then stir in the grated carrots, red lentils, hot vegetable stock, and milk. Bring everything to a boil.

### 4. Simmer Until Soft

Reduce the heat and simmer for 15 minutes, until the lentils are soft and starting to break down.

### 5. Blend the Soup

Use a stick blender (or transfer to a blender) to puree the soup until smooth — or leave it a bit chunky for more texture, if preferred.

### 6. Serve and Enjoy

Season to taste with salt and pepper. Serve hot, topped with a dollop of yogurt and a sprinkle of the reserved toasted spices. Add warm naan bread on the side for dipping.

## Nutrition Facts (Per serving — based on 4 servings)

- Calories: 280
- Protein: 13g

- Total Fat: 10g
  - Saturated Fat: 2g
- Carbohydrates: 35g
  - Fiber: 9g
  - Sugars: 9g
- Sodium: 600mg
- Cholesterol: 5mg
- Iron: 20% DV
- Vitamin A: 260% DV
- Calcium: 10% DV
- Potassium: 700mg