

Ingredients

- 2 tbsp olive oil
- 2 tsp ground cumin
- 1 tsp turmeric
- 1 onion, diced
- 1 garlic clove, crushed
- ½ tsp chilli flakes or chilli powder
- 600g carrots, washed and coarsely grated (no need to peel)
- ¾ cup red lentils
- 1 litre vegetable stock
- 125ml can coconut milk or cream
- Greek yogurt, parsley and sourdough bread, to serve

Method

- Heat oil in a large saucepan and add cumin and turmeric and fry until fragrant.
- Add onion and fry until soft.
- Add garlic and chilli and stir to combine.
- Add carrots, lentils and vegetable stock and bring to the boil.
- Reduce heat and cook for 15 minutes or until lentils are soft.
- Whizz the soup with a stick blender until smooth.
- Add coconut milk and return pan to heat soup through.
- Finish with a dollop of Greek yogurt and parsley and serve hot with sourdough bread.



Creamy Carrot and Lentil Soup



Serves 1

Packed with fibre, plant-based protein and immune-supporting nutrients, this creamy carrot and lentil soup is as nourishing as it is comforting.

As the weather cools down, it's the perfect go-to for a quick, warming lunch or an easy midweek dinner.