Spicy Lentil Soup with Leafy Herbs



Serves 4

Make the most of the leafy herbs available with this warming soup topped with fresh herb leaves.

- 3 tbs olive oil
- 1 large or 2 small onions
- 2 carrots
- 2 celery sticks
- 2 cloves of garlic
- 1 red chilli
- 3 tsp coriander
- 3 tsp cumin
- 1 tsp paprika
- ½ tsp black pepper
- 225 g red lentils
- 1 lemon
- 1.5 litres stock (chicken or vegetable)
- 6 tomatoes — peeled and quartered

To serve:

- 2 large handfuls soft herb leaves such as rocket, parsley, basil etc
- Greek yoghurt

Chop the onion, carrot, celery garlic and chilli together very finely and sauté in a large pan over a medium to low heat until soft but not brown.

Add the spices and sauté for another minute or so until the spices are fragrant.

Add the lentils and the zest from the lemon along with the stock and simmer for 45 minutes over a very low heat until the lentils soften and completely break up.

Add the tomatoes to the soup and heat through whilst seasoning with the juice from the lemon, and salt to taste.

Garnish each bowl of soup with a good dollop of greek yoghurt and some leafy herbs before serving.