

# Spiced Carrot & Lentil Soup



**Serves 6**

**Prep 10 mins**

**Cooking 15 mins**

**Easy**

## **Ingredients**

2 tsp cumin seeds

pinch chilli flakes (optional)

2 tbsp olive oil

600g carrots washed and coarsely grated (no need to peel)

140g split red lentils

1l hot vegetable stock (from a cube is fine)

125ml milk

plain yogurt

naan bread, to serve

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes (if using) for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.