

TASTE WITHOUT WASTE

Spiced Lentil & Vegetable Soup

Serves 4

Ingredients

2 tbsp sunflower oil
1 onion, finely chopped
100g celery, thinly sliced
3 garlic cloves, finely chopped
2 tsp curry powder
1 tsp ground cumin
½ tsp fennel seeds
8 cardamom pods
¼ tsp ground cinnamon
Small pinch crushed chillis
1 litre vegetable stock
2 bay leaf
1 cup green lentils, rinsed
450g Japanese pumpkin, peeled and cut into 2cm chunks
1 large zucchini, quartered lengthways and thinly sliced into small triangles
400g can chopped tomatoes
1 medium head of broccoli, cut into small florets
1 medium carrot, cut in 1cm dice
1 tbsp chopped mint

Yoghurt:

250g plain yoghurt
1 tbsp mint, chopped
1 garlic clove, crushed
½ tsp ground paprika

Method

Place a large saucepan over medium heat. Add the oil, when shimmering reduce the heat, add the onion and celery and cook for 5 minutes or until softened and translucent. Add the garlic and cook for a further minute. Now add the curry powder, cumin, fennel, cardamom, cinnamon and chilli and cook stirring for 1-2 minutes or until fragrant.

Pour over the stock, pop in the bay leaves, lentils and pumpkin. Stir well, bring to the boil and then reduce the heat and simmer, covered, for 10-15 minutes or until the lentils are soft and the pumpkin is just tender.

Throw in the zucchini, tinned tomatoes, broccoli and carrot. Then add 500ml water, bring back to a simmer and cook for 10 minutes or until the vegetables are tender.

Remove from the heat and stir through the chopped mint. Meanwhile, whisk the yoghurt, mint, garlic and paprika in a bowl until smooth. Ladle the soup into bowls and serve with a dollop of yoghurt.

Will keep for up to 3 days in the refrigerator. Can be frozen for up to two months.

Source: A Taste Without Waste original.

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