

Red Lentil Soup and Spiced Carrot

Ingredients:

- 1 teaspoon rapeseed oil, plus extra to drizzle
- 1 onion, finely chopped
- 3 large carrots, finely chopped
- 1 teaspoon of ground ginger
- 1 teaspoon of paprika
- 1/2 teaspoon of ground turmeric
- 300g (1 1/2 cups) of dried red lentils rinsed in cold water
- 800ml (3 1/4 cups) of good vegetable stock
- 2 tablespoons of pumpkin seeds
- sea salt and black pepper

Method:

1. Heat oil in a large saucepan over a medium heat and gently sauté the onions and carrots. Do this until the onions are translucent.
2. Add spices and lentils and fry until the spices are fragrant and toasted
3. Stir in the stock and simmer for 20 minutes until the lentils are tender – if you prefer a smoother texture, feel free to blend
4. Season to taste and serve sprinkled with olive oil and a little drizzle of olive oil – if you have any goat's cheese in the fridge, why not try crumbling some on top