



re:fresh

your health and wellbeing

RECIPES

RED LENTIL, CHICKPEA & CURRY SOUP

**10 MINS TO PREPARE AND
25 MINS TO COOK**

SERVES 4

INGREDIENTS

2 tsp cumin seeds
Large pinch chilli flakes
1 tbsp olive oil
1 red onion chopped
140g red split lentils
850ml stock or water
400g can tomatoes, whole or chopped
200g can chick peas or ½ can, drained and rinsed
Small bunch coriander, roughly chopped (save a few leaves to serve)
4 tbsp 0% Greek yoghurt

NUTRITION PER SERVING

Kcal 222	Sugars 6g
Fat 5g	Fibre 6g
Saturates 0g	Protein 13g
Carbs 33g	Salt 0.87g

METHOD

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a large pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
 2. Add 1 tbsp olive oil and 1 chopped red onion, and cook for 5 mins.
 3. Stir in 140g red split lentils, 850ml vegetable stock or water and a 400g can tomatoes, then bring to the boil. Simmer for 15 mins until the lentils have softened.
 4. Whizz the soup with a stick blender or in a food processor until it is a rough purée, pour back into the pan and add a 200g can drained and rinsed chickpeas.
 5. Heat gently, season well and stir in a small bunch of chopped coriander, reserving a few leaves to serve. Finish with 4 tbsp 0% Greek yogurt and extra coriander leaves
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