



CARROT & LENTIL SOUP

Ingredients:

- 600G CARROTS
- 140G SPLIT RED LENTILS
- 2 TSP CUMIN SEEDS
- 1 TSP TURMERIC
- 2 TBSP OLIVE OIL
- PINCH CHILLI FLAKES
- 125ML MILK
- 1L VEGETABLE STOCK

Method

- HEAT A LARGE SAUCEPAN AND DRY-FRY 2 TSP CUMIN SEEDS AND A PINCH OF CHILLI FLAKES FOR 1 MIN, OR UNTIL THEY START TO JUMP AROUND THE PAN AND RELEASE THEIR AROMAS.
- 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.
- SIMMER FOR 15 MINS UNTIL THE LENTILS HAVE SWOLLEN AND SOFTENED.
- WHIZZ THE SOUP WITH A STICK BLENDER OR IN A FOOD PROCESSOR UNTIL SMOOTH (OR LEAVE IT CHUNKY IF YOU PREFER).
- GARNISH WITH CHOICE OF TOPPINGS.

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Nutritional Information

CARROTS - CARROTS ARE A PARTICULARLY GOOD SOURCE OF BETA CAROTENE, FIBER, VITAMIN K1, POTASSIUM, AND ANTIOXIDANTS. THEY'RE A WEIGHT-LOSS-FRIENDLY FOOD AND HAVE BEEN LINKED TO LOWER CHOLESTEROL-LEVELS AND IMPROVED EYE HEALTH.

RED LENTILS - LENTILS ARE LOW IN CALORIES, RICH IN IRON AND FOLATE AND AN EXCELLENT SOURCE OF PROTEIN. THEY PACK HEALTH-PROMOTING POLYPHENOLS AND MAY REDUCE SEVERAL HEART DISEASE RISK FACTORS.

CUMIN SEEDS - NATURALLY OCCURRING SUBSTANCES THAT WORK AS ANTIOXIDANTS, HAS ANTICANCER PROPERTIES, MAY HELP TREAT DIARRHOEA, HELPS CONTROL BLOOD SUGAR, FIGHTS BACTERIA AND PARASITE, HAS AN ANTI-INFLAMMATORY EFFECT, MAY HELP LOWER CHOLESTEROL, AIDS IN WEIGHT LOSS.

TURMERIC- TURMERIC AND ITS POWERFUL INGREDIENT, CURCUMIN, HAVE A RANGE OF HEALTH BENEFITS. ANTIOXIDANTS HAVE THE POTENTIAL TO PREVENT HEART DISEASE, EYE CONDITIONS AND ALZHEIMER'S. ANTI-INFLAMMATORY PROPERTIES CAN HELP PEOPLE WITH ARTHRITIS. TURMERIC MAY EVEN REDUCE THE RISK OR SPREAD OF CANCER.

OLIVE OIL - OLIVE OIL IS RICH IN HEALTHY MONOUNSATURATED FATS, CONTAINS LARGE AMOUNTS OF ANTIOXIDANTS, HAS STRONG ANTI-INFLAMMATORY PROPERTIES, MAY HELP PREVENT STROKES, PROTECTIVE AGAINST HEART DISEASE, OLIVE OIL IS NOT ASSOCIATED WITH WEIGHT GAIN AND OBESITY.

MILK - IT'S PACKED WITH IMPORTANT NUTRIENTS LIKE CALCIUM, PHOSPHORUS, B VITAMINS, POTASSIUM AND VITAMIN D. PLUS, IT'S AN EXCELLENT SOURCE OF PROTEIN. DRINKING MILK AND DAIRY PRODUCTS MAY PREVENT OSTEOPOROSIS AND BONE FRACTURES AND EVEN HELP YOU MAINTAIN A HEALTHY WEIGHT.