

LOCKDOWN RECIPES



January 2022



WINTER VEG & LENTIL SOUP

PREPARATION TIME:

10 mins

COOKING TIME:

30 mins

SERVES:

2

INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsps tomato purée
- 1 tbsps fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsps vegetable bouillon powder
- 1 heaped tsp ground coriander

When it's cold outside, treat yourself to a healthy homemade vegetable soup. It's packed with immunity-supporting vitamin C and four of your 5-a-day - so it's healthy too!

METHOD

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.