

Spicy lentil, chickpea & red pepper soup with toasted granary bread

(Serves 4)

Ingredients

- 140g Lentils, red, raw
- 1 tsp Cumin seeds
- pinch Chilli flakes, dry
- 1 tbsp Oil, Olive, napolini
- 100g Onions, red, diced
- 80g Carrots, diced
- 1 Pepper, red, deseeded & chopped
- 1/2 Stock pot, (knorr vegetable)
- 850 mls Water
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 x 400g tin Chick peas, in water
- 4 x 800g Slices Bread, Hovis Granary wholemeal
- Few leaves Coriander, fresh, chopped

Preparation

1. Cook lentils in a pan of boiling water according to packet instructions. Drain & set to one side.
2. Heat a large saucepan. Dry fry cumin seeds & chilli flakes for about 1 minute.
3. Add olive oil, onion, carrots & pepper & cook for 5-6 minutes on a medium heat.
4. Stir in the cooked lentils.
5. Prepare stock. Add to pan, along with tomatoes.
6. Bring to boil. Cover & simmer for 20- 25 minutes.
7. Whizz soup through a processor. Pour back into pan.
8. Drain & rinse chickpeas under cold water & add to pan.
9. Re-heat soup on a gentle heat stirring occasionally.
10. Toast bread & leave in toaster to crisp up. Slice into strips.
11. Serve soup into bowls. Top with coriander.
12. Serve with crisp toasted slices.

TOP TIP: Contains plenty of fibre & is a great way to get your pulses.

NUTRITIONAL VALUES

PER SERVING

Calories 397

Total Sugars 10.2g

Total Fats 7.77g

Saturated Fats 1.32g

Salt 1.15g

Fruit & Veg 2