



# RED LENTIL AND CARROT SOUP

 2 servings  Prep: 15 mins  Cook: 30 mins



## INGREDIENTS

120g dried red lentils,  
rinsed and drained  
80g brown onions, diced  
160g carrots, diced  
1 tsp coriander powder  
1 tsp cumin powder  
¼ tsp lower sodium salt  
1 tbsp oil  
1 tbsp lemon juice  
625ml water

## METHODS

1. Put a medium sized pan on the stove at medium-high heat.
2. Add oil with cumin powder and coriander powder and stir-fry till fragrant.
3. Add onions and sauté till slightly softened.
4. Add carrots and lentils into the pan.
5. Add water and lower sodium salt to the pan.
6. Bring to a boil and reduce to low heat, cover the pan and simmer until carrots and lentils are soft.
7. Turn off heat and mix in lemon juice to the soup.
8. Use a blender to blend the soup to desired consistency.
9. Portion into 2 bowls and top with black pepper to taste.
10. Garnish with parsley.

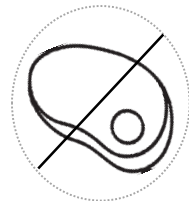
## OPTIONAL

Black pepper to taste

Parsley



< 500 KCAL  
DISHERS



MEATLESS  
MONDAY

## Nutrition Information (per serving)

Energy 331kcal, Carbohydrate 35.8g, Protein 15.3g, Fats 10.9g, Saturated Fats 2.3g, Polyunsaturated Fats 3.6g, Monounsaturated Fats 4.3g, Cholesterol 0mg, Dietary Fibre 13.0g, Sodium 256mg, Potassium 832mg, Phosphate 199mg

