Curried lentil soup

Preparation time

15 minutes

Cooking time

40 minutes

Serves

4

Recipe courtesy of

Georgia Houston, Accredited Practising Dietitian (APD)



Ingredients Method Nutrition

1/4 cup extra-virgin olive oil

1 brown onion, finely chopped

2 carrots, skin left on, washed, chopped

2 zucchinis, skin left on, washed, chopped

4 garlic cloves, grated

2 tsp ground cumin

2 tsp curry powder

1 tsp dried thyme

400g can no added salt diced tomatoes

1 cup brown or green lentils, drained and rinsed

4 cups salt-reduced vegetable stock

2 cups water

pinch of chilli flakes (optional)

1 cup spinach leaves, washed

1/2 lemon, juiced

cracked black pepper, to season

wholegrain bread, to serve

1. Heat the oil in a large pan over medium heat. Once the oil is simmering, add the onion, carrot, zucchini and cook, stirring often, until softened.
2. Add the garlic and spices and cook until fragrant, stirring often. Pour in the lentils, tomatoes, stock and water. Add chilli flakes (optional) and season with ground black pepper.
3. Turn up the heat and bring to the boil, then partially cover the pot with a lid and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until lentils are tender but still hold their shape.
4. Add the spinach leaves and cook for 1-2 minutes until wilted. Season with lemon juice and pepper. Serve with wholegrain bread.

Nutritional information is provided per serve

Engery	1229kJ (294 calories)
Protein	9g
Saturated Fat	4g
Total Fat	17g
Carbohydrates	25g
Sugars	12g
Dietary Fibre	10g
Sodium	708mg