Carrot and Lentil Soup

Ingredients

1 large onion
500g carrots
100g red lentils
200ml vegetable stock (enough to cover the ingredients)
1 tbsp ground cumin
1tsp ground coriander
Salt and black pepper to taste
1tbsp olive oil

An adult will need to supervise throughout, especially when blending hot liquid.

Method

1. Wash, peel and chop the carrots and onion.
2. Make up the stick cube and rinse the red lentils in cold water.
3. Add the olive oil to the pan and gently fry the vegetables until soft but not brown.
4. Season with salt, pepper, cumin and coriander and stir.
5. Add the lentils and stock, ensuring it covers the top of the ingredients (do not let the pan dry out).
6. Bring briefly to boil then simmer for approximately 20 minutes. Keep stirring to prevent the lentils sticking to the pan.
7. After 20 minutes (or when the carrots break easily with the back of the spoon and the lentils are soft) remove from heat and leave to cool slightly before using a hand blender or food processor until smooth.
8. Serve with warm cheese scones or crusty bread.