

# Red Lentil Soup

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG

## About

This warming and fragrant red lentil soup is made with coconut milk and any veggies that you like. Chopping the root veg is the longest part, but once veggies are ready, it all gets thrown together in the bowl or pot and will be ready to cook. The method explains how to use a microwave to make this dish but the same steps can be followed using a medium or large saucepan on a medium heat on a hob, if you prefer to do it that way.

## Appliances needed

Hob or Microwave

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## Ingredients

500g potatoes, 400g carrots, 500g parsnips  
100g red lentils (or about half a big tea mug)  
1 onion  
1 tin coconut milk  
1-2 tablespoons olive oil  
1 heaped teaspoon curry powder  
stock cubes  
salt and pepper

Optional: stir in a handful of kale or spinach at the end for extra iron-rich greens in your soup! See more suggestions below

## Equipment

chopping board  
a sharp knife  
a small bowl  
a mixing bowl or big jug  
1 peeler (or just clean the outside of vegetables with a clean wire scrub!)

a table knife, a fork and a set of spoons  
a kettle

If using a hob instead of a microwave, then you will need a saucepan

*Did you know:  
You don't have to peel your  
veggies - you can also just  
clean away any dirt using  
a clean wire scrub!*

## Method (steps)

You can watch a video of this dish being made by scanning the QR code:



Soak the Lentils

1. Boil about 1 mug of water in a kettle
2. Put red lentils in a small bowl and pour the boiling water over them

Start with onions

3. Chop the onion into small cubes
4. Add the onion into your microwavable bowl and mix with two tablespoons of oil
5. Pop a lid on top of the bowl by using a plate to cover the top of the bowl
6. Microwave for 2-3 minutes

Add flavours

7. Add as much curry powder and spices as you like to the onions e.g. 1 tablespoon
8. crumble in 2 stock cubes

Add the lentils

9. Tip the lentils in with all of the water and add in another mug of hot water
10. Give everything a good mix together
11. Put the lid back on and put this back in the microwave for 5 minutes so the lentils start cooking

Chop the root vegetables

12. While the mixture is in the microwave, start peeling the veg
13. Then chop the veggies into little cubes
14. Add all the chopped veggies to the bowl with the coconut milk (if it's solid coming out of the tin don't worry about it, as it cooks it will melt)
15. Put a plate on top

Cook altogether:

16. Cook the soup in the microwave for 15 minutes, stirring every three minutes: (five sets of 3 minute cooking, stirring as you go) (if cooking on the hob, cook on a medium heat and stir every few minutes to ensure no veggies or lentils stick to the bottom of the pot!)
17. You should have a lovely lentil soup but if the lentils and veggies are still hard, keep cooking until they are all soft

## Additions

- While the lentils are cooking you can prepare your kale by simply ripping the dark green part away from the hard stalks in the middle. Stir this into the soup in the last few minutes of cooking for extra iron, or just throw in some baby spinach
- You can serve with fresh lemon: just cut it in half and squeeze it over and it gives it a really nice freshness
- You can also put the coriander on top by ripping it away from the stalks and sprinkle that over
- Add a pinch of chili powder if you like spice or chop up a fresh chilli to go on top

## Using leftovers

- Keep your dahl for a few days (it will last **four days in the fridge**, or **three months in the freezer!**) - if it thickens it will be like a curry.
- You can reheat it with some **chickpeas** to bulk it up and eat it with bread, or wholegrain rice.
  - Turn it into a thai soup using thai **red curry paste, ginger, chilli and lime**
  - Turn it into a Caribbean style curry by adding **plantain and black beans**

