

Roasted Carrot & Lentil Soup

Soup, one of the easiest things to make, super comforting and for some reason taste even better in autumn.

If you are wondering what to have for lunch today how about a nice big bowl of soup? Perfect for a rainy miserable day, just make sure you have plenty of bread and butter.



Serves: 4

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 1 hour 20 minutes

Ingredients

- 6 carrots, roughly chopped.
- 1 potato, roughly chopped.
- 1 thumb piece of fresh ginger, peeled and roughly chopped.
- 2 garlic cloves, roughly chopped.
- 1 onion, diced.
- 1 tsp of cumin.
- 1 tsp of coriander.
- 700 ml of chicken stock.
- 400 g tin of lentils, drained.

Method

- Place the carrots into a roasting tray, drizzle with enough oil to coat and season. Roast in a preheated oven at 180°C for 1 hour or till tender. Once done place to one side.
- In a large saucepan add the onions, potatoes, ginger and garlic. Season, add a good drizzle of oil and cook over a low heat till the onions are soft, around 10 minutes.
- Next, add the cumin, coriander, the roasted carrots, mix and give it another couple of minutes.
- Now, pour in the stock and simmer for 10 minutes or till the potatoes are soft. Once they are add the lentils and give them a couple of minutes just so the lentils get warm.
- Finally, using a handheld stick blender whizz till smooth. At this point, if you feel it's too thick add some more stock or water. Check for seasoning and I like to finish it off with a nice drizzle of cream, a sprinkling of chilli flakes and a few fresh herbs.