

FIONA TUCK

NUTRITION WELLNESS YOGA

Spicy Lentil Soup

Serves 2

Prep: 15 mins

Cook: 25 mins

This spicy lentil soup helps to reduce inflammation, support the immune system and provides the necessary nutrients that the body needs to aid healing and recuperation during the winter months.

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 cloves of garlic, crushed
- 1 small red onion, finely chopped
- 2 carrots, peeled, finely chopped
- 1 celery stick, finely chopped
- 1 red capsicum, deseeded and finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground ginger
- 1/2 teaspoon of dried chilli flakes
- 1/2 cup (60g) red lentils
- 4 cups (1l) chicken or vegetable stock
- 1 can (200g) chickpeas, rinsed, drained
- 1 cup finely chopped kale
- 1 cup (150g) frozen peas
- 1/2 cup coriander leaves

Directions

1. Heat oil in a large saucepan over medium heat
2. Add garlic, onion, carrot, capsicum and celery and gently cook until tender. Stir through cumin, coriander, ginger and chilli.
3. Add the lentils and stir to combine.
4. Add the stock and gently bring to the boil. Reduce heat to low and simmer (with lid on) stirring occasionally, for 20 minutes or until the lentils are tender.
5. Add the chickpeas, chopped kale, peas and half of the chopped coriander, stir to heat through.
6. Remove from heat. Season with salt and pepper. Serve in bowls and top with the coriander.