THE LIGHTER PLATE METHOD

Turmeric Ginger Lentil Soup

A big pot of golden, gently warming soup that's ready before you've finished tidying the kitchen.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**4**	**EASY**

Ingredients

- 200 g red lentils (rinsed)
- 2 carrots (diced)
- 1 onion (diced)
- 1 tsp ground turmeric
- 1 tbsp fresh ginger (grated)
- 1 litre vegetable stock

Method

1. Heat a little oil in a large pot and cook the onion and carrot for 5 minutes until softened.
2. Stir in the turmeric and ginger and cook for 1 minute.
3. Add the lentils and stock, bring to the boil, then reduce to a simmer.
4. Cook for 20 minutes, stirring occasionally, until the lentils are soft and the soup has thickened.
5. Blend partially or fully for a smoother texture, if you like, then season to taste.

Tips & swaps

- A squeeze of lemon at the end really lifts the flavour.
- Stir through a handful of spinach for extra veg.

Storage & reheating

Keeps in the fridge for 4 days or freezes for up to 3 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**16g**	**42g**	**3g**	**9g**

Estimated values, for guidance only.