



B.Y.O.S.

WITH DELICIOUS RECIPES
COURTESY OF



SPICED CARROT & LENTIL

This was the soup we made for the Liverpool SOUP February event. It's a beautifully spiced soup, reminiscent of a warming dal and equally satisfying and suitable for meat eaters, veggies and vegans alike!

We set up a toppings station where people could effectively add whatever they liked to their soup. Suggestions for toppings include toasted seeds, chilli oil, yogurt, cream cheese, crispy fried onions, fresh herbs such as coriander, flat leaf parsley or mint, chopped up feta, oven baked croutons, chilli flakes... the list is endless. If you' don't have any of the above toppings fear not, it's still perfectly tasty on its own too.

Ingredients (serves 4 hungry humans)

- 1 onion roughly chopped
- 2 cloves garlic, crushed
- 600g carrots washed and roughly chopped
- 150g split red lentils
- 1litre veg stock
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 1/2 teaspoon curry powder
- Splash olive oil
- Salt and pepper

Lets get to it...

1. In a saucepan, gently sweat the onions and garlic with a pinch of salt. When onions have softened, add the chopped carrots, all the spices and stir until fragrant and coated.
2. Add the lentils and top with the veg stock.
3. Simmer for 25 minutes until carrots are soft then blitz with a stick blender until thick. Season to taste. Top with your favourite toppings and get stuck in!