

# Spicy Lentil Soup



## INGREDIENTS

25g butter  
½ onion, peeled and roughly chopped  
½ leek, trimmed and sliced  
1 carrot, peeled and chopped  
1 celery stalk, peeled and chopped  
1 garlic clove, peeled and crushed  
¼ tsp ground ginger  
¼ tsp ground coriander  
½ tsp ground cumin  
200g red lentils  
800ml vegetable stock  
1 bay leaf  
Sprig of fresh thyme  
Salt and freshly ground black pepper

## METHOD

1. Prepare all the vegetables.
2. Melt the butter in a large heavy-based pan over a moderate heat. Add the onion, leek, carrot and celery to the pan and cook until they are beginning to soften and form a little colour.
3. Add the garlic and spices to the pan and allow to cook for a few minutes.
4. Add the lentils, stock, bay leaf and thyme. Bring to the boil and then simmer gently for 30 minutes.
5. Liquidise until smooth. Season to taste with salt and freshly ground black pepper.