

## Carrot and lentil soup

Preparation and cooking time: 25 - 30 minutes

### Ingredients:

- 2 tbsp pumpkin seeds
- 2 tsp cumin seeds
- 1 tsp dried chilli flakes
- 1 tbsp coconut oil
- 1 large onion, finely chopped
- 1 tsp dried turmeric
- 600g carrots, peeled and sliced
- 150g red lentils
- 1 L vegetable stock
- 125ml milk (use dairy free milk if required)
- Fresh coriander to serve

### Directions:

- Place pumpkin seeds in a hot dry frying pan and toast for 1 minute. Remove and place in a bowl
- Dry fry the cumin seeds and chilli flakes in the same pan for 1 – 2 minutes until fragrant and place in another bowl
- Heat the coconut oil in a large saucepan and gently fry the onion for 5 – 6 minutes until softened
- Add the turmeric and  $\frac{3}{4}$  of the cumin chilli mixture and fry for 1 minute, then add the carrots, lentils, stock and milk, bring to the boil and simmer for 15 – 18 minutes until the carrots are soft
- Blend with a stick blender or in a food processor and serve topped with toasted pumpkin seeds, coriander and a little chilli and cumin

Make extra toasted pumpkin seeds and add to salads, breakfast or have as a snack with a piece of fruit for a dose of healthy fats.