

CARROT AND GINGER SOUP

EQUIPMENT

Saucepan	grater
Chopping board	metric scales
Knife	

INGREDIENTS

Olive oil	200g red lentils
Brown onion x 1, chopped	chicken stock
2 cloves garlic	3 carrots, grated
Fresh ginger – 1 tablespoon, grated	mint leaves
Plain yoghurt	

METHOD

1. Heat one tablespoon olive oil in a saucepan over high heat
2. Add the chopped brown onion, 2 crushed cloves of garlic and 1 tablespoon finely grated ginger and cook for 3 – 4 minutes
3. Add 200g red lentils (washed and drained) and 1 litre of chicken stock and 1 litre of water and cook for 15 minutes
4. Grate the carrots. Add to the stock and cook for a further 5 minutes or until carrots are soft
5. Top with mint leaves and garnish with the plain yoghurt