

Curry and lime lentil soup

Equipment

Chopping boards

sharp knives

Spoons

saucepan

Ingredients:

- 1 tablespoon hot curry paste
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 cm piece fresh ginger, peeled and finely chopped
- 1 teaspoon cumin seed
- 200 g red lentils
- 2 cups (500ml) vegetable stock
- 2 $\frac{1}{2}$ cups water
- 400g can tomatoes, diced
- 1 lime, juice and zest of
- salt and pepper
- 1/3 cup chopped flat leaf parsley

Method

1. Heat oil in a large saucepan. Cook the curry paste until fragrant. Add onion, garlic, ginger and cumin seeds and cook gently together for 3 minutes or until onion softens.
2. Add the lentils, stock and undrained tomatoes. Bring to the boil and simmer uncovered for 20 minutes or until lentils are softened.
3. Add the lime zest and juice, plus salt and pepper to taste (you probably don't need to add salt but check to make sure).
4. Ladle into bowls and top each serving with parsley.