BBC goodfood

Spiced carrot & lentil soup

Prep: 10 mins
Cook: 15 mins

Easy

Serves 4

Ingredients

2 tsp cumin seeds

pinch chilli flakes

2 tbsp olive oil

600g carrots, washed and coarsely grated (no need to peel)

140g split red lentils

1l hot vegetable stock (from a cube is fine)

125ml milk (to make it dairy-free, see 'try' below)

plain yogurt and naan bread, to serve

Method

Step 1   Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.

Step 2   Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.

Step 3   Simmer for 15 mins until the lentils have swollen and softened.

Step 4   Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).

Step 5   Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.