



Recipes

Carrot and lentil soup

A lovely wintery thick and filling soup.
Serve with thick sliced bread.*

Serves 4-6

Ingredients

- 2 tsp cumin seeds
- Pinch chilli
- 1 tbsp olive oil
- 600g carrots, washed and sliced
- 140g dried split lentils
- 1 litre boiling water with one vegetable stock cube*



Method

1. Place all the ingredients in the slow cooker, and cook on low for 6-7 hours.
2. Serve with crusty bread, naan, wraps etc.*

*May contain or is one of 14 common allergens