



More Than Food
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Winter Warming Carrot Soup

One of the (few) enjoyable things about winter is slurping up big bowls of hearty, nutrition-packed, homemade soup! This is one of Patrick's absolute favourites, since it's super quick to make but beats the pants off any of the store bought alternatives. We've added a kick of chilli to raise your temperature that little bit more and fight off any winter colds. Enjoy!



40 mins



healthy



veggie



4 of your 5 a day



vegan



eat within 3 days



spicy



one pot wonder



Onion (½)



Carrot (1)



Celery (1 stick)



Potato (1)



Garlic Clove (1)



Coriander (½ bunch)



Red Split Lentils (100g)



Water (600ml)



Vegetable Stock Pot (1)



Chilli Flakes (¼ tsp)



Chopped Tomatoes (1 tin)



Focaccia (1)

2 PEOPLE INGREDIENTS

- Onion, chopped
- Carrot, chopped
- Celery, chopped
- Potato, chopped
- Garlic Clove, grated
- Coriander, chopped

- Red Split Lentils **100g**
- Water **600ml**
- Vegetable Stock Pot **1**
- Chilli Flakes **¼ tsp**
- Chopped Tomatoes **1 tin**
- Focaccia **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The ancient Greek physician Hippocrates prescribed celery as a nerve soother.

Allergens: Celery, Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	560 kcal / 2370 kJ	4 g	1 g	109 g	13 g	24 g	3 g
Per 100g	90 kcal / 380 kJ	1 g	0 g	17 g	2 g	4 g	1 g

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Peel and chop the **onion** and **carrot** into roughly 1cm pieces. Chop the **celery** into 1cm pieces. Peel and chop the **potato** into roughly 2cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one). Finely chop the **coriander** and thoroughly rinse the **lentils**.



2 Add a splash of **oil** to a pan on medium heat and add your **onion, carrot, celery** and **garlic**. Cook for around 6 mins, or until soft.



3 Add your **potato** and continue to cook for another 5 mins.



4 Add the **water** (amount specified in the ingredient list) and bring to a gentle simmer. Add the **stock pot, chilli flakes, chopped tomatoes** and your **lentils**. Allow the mixture to simmer for 20 mins or until your lentils are soft.

5 Preheat your oven to 100 degrees and put the **focaccia** in for a few mins to warm it up.

6 Turn down the radiators in preparation for a bowl of 'central eating'.

7 Stir half your **coriander** into your soup and sprinkle the remaining half over the top. Then serve it with big chunks of warm focaccia on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!