

# Two Whales Lentil and Lime Soup

Serves Four

Turmeric has many claims to health benefits, including properties to fight colds and flu and it features large in this Indian inspired soup, which is good on any day of the year – on a hot summer day, keep it light, on a damp Autumn or cold Spring/Winter day add cooked basmati rice for a nice carbohydrate hit.

8oz/200g/1cup red lentils, rinsed and picked over

½ tblspn turmeric

1 tspn fresh ginger, minced

2 tblspns olive oil

2 pints/1ltr vegetable stock

1 medium onion finely chopped

1 clove garlic, minced

2 tspns ground cumin

1 tspn yellow mustard powder

1 tblspn tomato paste

1 bunch fresh cilantro (coriander) or 1 tblspn dried cilantro or 1 tblspn dried fenugreek leaves

2-3 tblspns lime juice

To serve

½ cup cooked rice (optional)

Yoghurt

Put lentils, turmeric, ginger, 1 tblspn olive oil and stock in to a medium saucepan. Bring to a boil then simmer, covered, until lentils are soft – about 20 minutes. Take off the heat .

Meanwhile gently fry onion and garlic in remaining oil for about 10 minutes or until starting to brown. Add cumin, mustard powder, cilantro and tomato paste. Cook for a further 10 minutes, add to lentils with herbs and cook for another 10 minutes.

When you are ready to serve reheat, add lime juice and check for seasoning.

If using, put a couple of tablespoons of rice in each bowl, ladle in the hot soup and serve with a spoonful of yoghurt.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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