

~ Recipe of the Month ~ Lentil Soup ~



- 1 tbs vege oil
- 1 tbs rogan josh curry paste
- 1 brown onion diced
- 2 cloves garlic crushed
- 1 tbs grated fresh ginger
- 1 teaspoon ground cumin
- 1 cup red lentils
- 2 cups vegetable stock
- 2 1/2 cups water
- 400g can diced tomatoes - undrained
- Small bunch coriander - chopped
- Natural yoghurt - to serve
- 1 cup small diced pumpkin
- 1 fresh corn cob - kernels removed
- 1 bunch english spinach - chopped

Heat oil in sauce pan, cook curry paste until fragrant. Add onion, garlic, ginger and cumin, until onion softens. Add lentils, stock, water and tomatoes. Bring to boil then reduce heat and simmer for 10 mins, then add pumpkin and corn. Simmer for 15-20min till lentils are cooked. Add spinach and test for seasoning. Serve topped with yoghurt and chopped coriander.