



Spiced red lentil, orange and ginger soup (serves 4)

- 250g red lentils, rinsed in cold water
- 3 Tbsp olive oil
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1 carrot, finely diced
- 1 red chilli, deseeded and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 25g fresh ginger, peeled and grated
- 4 tsp ground cumin
- 1/2 tsp each of ground paprika and turmeric
- 1 Tbsp swiss vegetable bouillon
- 1 Tbsp tomato puree or passata or 1 fresh tomato
- 1 cinnamon stick
- 1 orange

In a large saucepan, heat the olive oil, add the onion, celery, carrot, chilli, garlic and ginger and saute over a medium heat for 5 minutes. Add the spices, cook for a further 2 minutes. Add the lentils, bouillon, tomato puree, cinnamon stick and 750ml of water.

Finely grate the orange zest, then remove the remaining skin and cut the flesh into small pieces. Add to the pan, along with the zest. Bring to the boil and then simmer gently for 30 minutes. Add water to keep the mixture "soupy" if necessary.

When the lentils are tender, remove the cinnamon stick and blend the soup with a hand blender. Adjust the seasoning and serve piping hot.

