

## **Spiced Carrot and Lentil Soup – serves 4**

2 teaspoons ground cumin  
A pinch of chilli flakes  
2 tablespoons olive oil  
600g carrots, washed and coarsely grated  
140g split red lentils  
1l hot vegetable stock  
125ml coconut milk  
Plain yogurt and naan bread, to serve

Heat the oil in a large saucepan and add the carrots, lentils, stock and the coconut milk and bring to the boil. Simmer for 15 minutes until the lentils have swollen and softened. Whizz the soup with a stick blender and season to taste before serving with a dollop of plain yogurt and the warm naan breads.

Watch Mrs Duff's video lesson here -

<https://drive.google.com/file/d/1F8SVMdFyMWCL4jkBRfa95OBARyAGPfPZ/view?usp=sharing>