



# Spicy red lentil and pumpkin soup

**Difficulty:** Easy

**Type:** Lunch/dinner

**Allergy advice:** Fructose, Lactose

**Serves:** 30 tastes or 6 at home

From the garden: Pumpkin, potatoes, garlic and onions

<u>Equipment</u>	<u>Ingredients</u>
Measuring scales	1 Tbsp. olive oil
Measuring cups and spoons	1 ½ cups red lentils that have been soaked.
Chopping boards and mats	2 brown onions, finely chopped
Cooks knives	4 cloves garlic, peeled and crushed
Large pot with lid	2 kg pumpkin peeled and cut up into 1cm cubes
Wooden spoon	2 large potatoes, peeled and cut into 1cm cubes
Ladle	2 tsp ground cumin
Stick blender	2 tsp ground coriander
Bowls for serving	½ tsp ground turmeric
Small bowls or ramekins (for yoghurt)	2 chillies, seeds removed and finely chopped (use gloves)
	2L vegetable stock
	1 handful of fresh coriander, roughly chopped to serve.
	1 cup of natural yoghurt (to serve with the soup at the table)
	Salt and pepper to taste

## What to do:

- 1. Rinse the lentils that have already been soaked for your soup, then measure out enough lentils for the next class and place into a bowl or jug and cover with cold water to soak.**

- 2. Wash, peel and chop the potatoes and pumpkin into small 1cm cubes.**
  - 3. Peel and finely chop onions and garlic.**
  - 4. Using gloves, de-seed and finely chop the chillies.**
  - 5. Heat oil in a large pot over medium to high heat.  
Add the onion and garlic and cook for 2 or 3 minutes until onion has softened. Then add the cumin, coriander, turmeric and chillies and cook for another 30 seconds until aromatic, then add the lentils. Stir through and cook for 1-2 minutes.**
  - 6. Now add the potatoes and pumpkin to the pan and stir to coat the vegetables with all of the spices.**
  - 7. Pour in the stock and bring to the boil, reduce heat to medium to low and simmer for 10 to 12 minutes until the potatoes and pumpkin are tender.**
  - 8. When soup is cooked, set aside to cool slightly, then blend with a stick blender and season with salt and pepper.**
  - 9. Wash and roughly chop coriander.**
  - 10. Divide between bowls and garnish with chopped coriander.**
  - 11. Serve with natural yoghurt on the side.**
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