



It may be easy to make, but this soup has numerous health benefits. Cumin aids digestion, while chilli, red onion and tomatoes are all anti-inflammatory. The lentils and chickpeas add protein and fibre.

Ingredients

2 tsp whole cumin seeds
large pinch of chilli flakes
1 tbsp olive oil
1 red onion, chopped
140g red lentils
850ml veg stock (from a cube, or Marigold bouillon powder)
400g can chopped tomatoes
200g can chickpeas, rinsed and drained (or half a 400g can and freeze the rest)
small bunch of coriander, roughly chopped
4 tbsp Greek yoghurt, to serve

1. Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for about a minute, till they start to jump around and release their aromas.
2. Add the oil and onion, and cook for 5 minutes to soften the onion
3. Stir in the lentils, stock and tomatoes, bring to the boil and simmer 15 minutes till the lentils have softened
4. Remove from the heat and whizz in the pan to a rough puree with a stick blender.
5. Add the chickpeas, heat gently, season to taste and stir in the coriander. Ladle into bowls and finish with a dollop of yoghurt.

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