

SPICY TOMATO & LENTIL SOUP



A satisfying and warming spicy soup with lentils, tomatoes & carrots. You can vary the amount and type of spice you use depending on your family's preferences. Serve with wholemeal or granary bread.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use a jug to measure liquids; chop using bridge/claw technique; use a hob (with adult supervision).

Equipment: Saucepan, chopping board, knife, wooden spoon, measuring spoons, measuring jug, kettle, hand blender.

Allergens*: Gluten (bread) | Soya (bread)

Ingredients (serves 2):

- 1 tsp vegetable oil
- 1 medium onion, peeled and finely chopped
- 1 medium carrot, washed and diced
- 1 tsp mild curry powder
- 60 g red lentils, rinsed
- 200 ml boiling water
- 200 g canned chopped tomatoes
- 1 tsp tomato puree
- Handful fresh coriander, washed

Method

1. Heat the oil in a saucepan. Add the chopped onion and cook over a medium heat, stirring often. Cook until the onion is soft (but not dark in colour as this will spoil the flavour of your soup).
2. Add the curry powder and cook for another minute, stirring often.
3. Add the lentils, water, carrot, chopped tomatoes and tomato puree, cover with lid and bring to the boil.
4. Simmer for about 30 minutes until the vegetables are tender.
5. Add the fresh coriander and blend until smooth (or leave some chunks if you prefer).
6. Divide between bowls and serve with wholewheat bread.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



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Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Institute and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 272g serving

ENERGY
754kJ / 179kcal **9%**

LOW **FAT**
2.9g **4%**

LOW **SATURATES**
0.2g **1%**

LOW **SUGARS**
9.8g **11%**

LOW **SALT**
0.1g **1%**

% of an adult's reference intake

Typical values per 100g : Energy 277kJ / 66kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about spicy lentil soup ...

Lentils are so good for us! They are legumes and like other legumes (beans, peas and chickpeas) they are packed with protein and fibre. They are also low in calories and fat and contain a number of substances which are thought to be hugely beneficial to our health.

Vegetables are really good for us! Low in fat, sugar and calories and high in vitamins and minerals.

