

# Spicy Red Lentil Soup

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** chilli, coriander, garlic, onions, tomatoes

This is an easy, colourful soup that is warming on cold days, and benefits a lot from garam masala – a spice mix of pepper, cloves, cinnamon, fennel seeds, cardamom and caraway seeds.

## Equipment:

metric measuring scales,  
jug, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
large pot with lid  
mixing spoon  
stick blender  
bowls for serving

## Ingredients:

¼ cup olive oil  
4 small onions or 2 large, finely chopped  
2 garlic cloves, peeled and finely chopped  
1 tbsp cumin  
1 tbsp garam masala  
1 long red chilli, finely chopped  
500 g red lentils  
1 tin of tomatoes, or 6 fresh  
½ cup tomato paste  
2 L stock or water  
2 tbsp maple syrup  
1 handful of coriander leaves  
400 g tin coconut milk



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large pot.
3. Add the onion, garlic, cumin, garam masala, chilli and red lentils.
4. Cook for 5 minutes. Add remaining ingredients except for the coriander and coconut milk, and simmer covered for 30–40 minutes.
5. Add the coriander and coconut milk, then blend to a thick soup.
6. Season the soup and serve.

