Soups / Germany

Clear soup with lentils and fennel · Germany

A clear broth with drained cooked lentils, fennel and a Germany-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 600 g fennel
- ☐ 1300 ml low-salt vegetable stock
- ☐ 20 g German mustard
- ☐ 1 g caraway seeds
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Clean the fennel and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the fennel and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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