Soups / Scotland

Clear soup with lentils and carrot · Scotland

A clear broth with drained cooked lentils, carrot and a Scotland-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 carrot
- ☐ 1300 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 g chives
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the carrot 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 wholegrain mustard, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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